

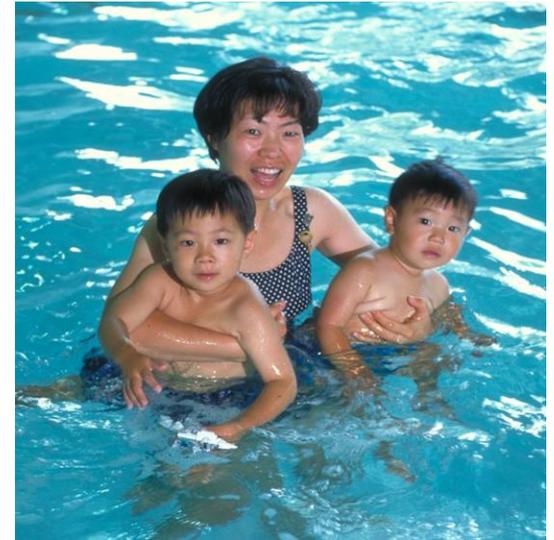
# KNOW BEFORE YOU GO

HELP PREVENT DROWNING  
[www.knowbeforeyougo.org](http://www.knowbeforeyougo.org)





# Why are we here?





# Objectives

During this presentation, you will learn to:

- Recognize drowning as a leading cause of unintentional injury death to children.
- Identify the risk factors related to drowning.
- Take steps to help prevent drowning.



# Drowning Statistics

- Drowning is the 2<sup>nd</sup> leading cause of unintentional injury-related death among children ages 1-14
- Drowning is the leading cause of unintentional injury-related death among children ages 1 to 4.

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# Drowning Statistics

- For each child that drowns, it is estimated that 4 children are hospitalized for near-drowning
- Nationwide, 2700 children ages 14 & under were treated in hospital emergency rooms for unintentional drowning-related incidents

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# Near Drowning

**Near drowning** is survival ,after submersion in fluid, (for at least 24 hours)

- As many as 20% of near drowning survivors suffer severe permanent neurological disability.
- Nearly all who require CPR die or are left with severe brain injury.

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# How much time does it take to drown?

**In the time it takes to...**

- Cross a room for a towel (10 sec), a child in a bathtub can be submerged
- Answer the phone (2 min), a child can lose consciousness
- Sign for a package at the front door (4-6 min), a child submerged in a tub or pool can sustain permanent brain damage

**In a matter of seconds.**

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# How much fluid does it take to drown?

- Water in a bathtub.
- A bucket of water.
- Standing water on top of a pool or spa cover.

1 inch of water is all it takes to cover a child's nose & mouth

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# Do people always yell for help?

- Most children do not yell for help.
- Non-swimmers or exhausted swimmers are unable to call for help.
- Drowning victims may be struggling under the water.

Drowning is a silent event, especially for children.



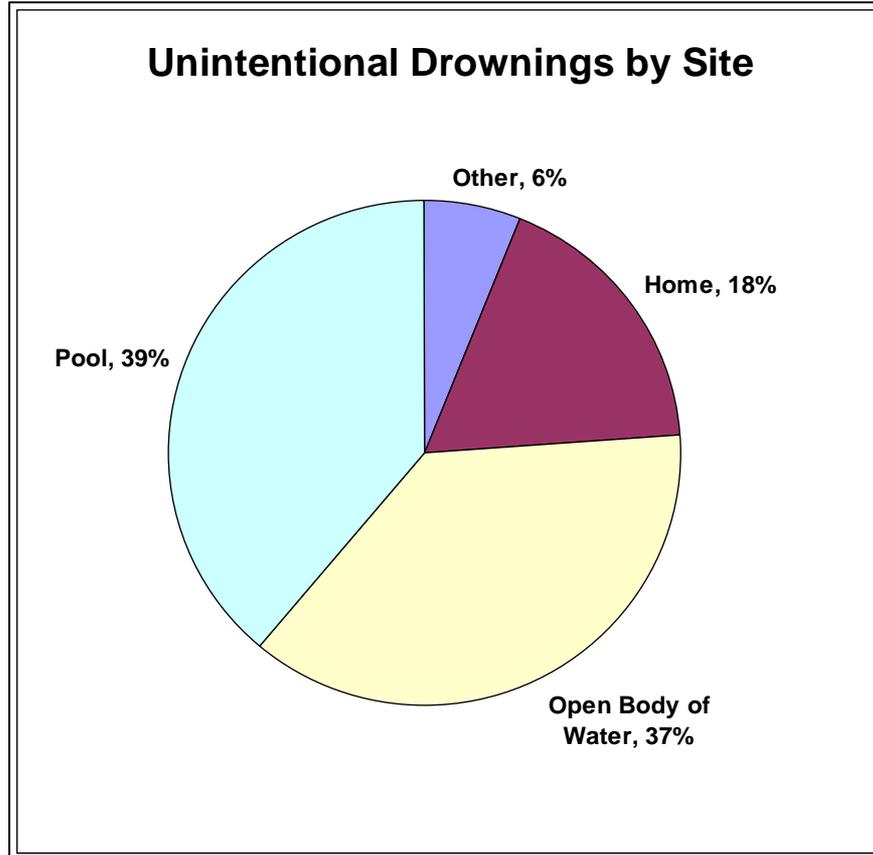
# Our Communities

- In 2004, there were 3,308 unintentional fatal drownings in the United States, averaging nine people per day
- In **Texas**, nearly 300 people drown every year
- From 2002-2004, 56 children died in drowning incidents in **Collin, Dallas, Denton, & Tarrant** counties.

Texas Department of State Health Services



# Areas of Risk



Safe Kids Worldwide: Clear Danger, 2004



# Inside the Home

- More than 50% of infant drowning occurs in a bathtub
- Other areas of risk inside the home:
  - 5-Gallon Buckets
  - Spas & Hot Tubs
  - Toilets
  - Other Products

U.S. Consumer Product Safety  
Commission





# Apartment & Residential Pools

- More than 50 % of all toddler drowning occurs in swimming pools.
- Many of these children were last seen in the home, had been missing from sight for less than 5 minutes, and were under parental care at the time.

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## Inflatable Pools & Pool Covers

- Inflatable & plastic pools should always be emptied after use.
- Remove steps from above ground pools.
- Drain water off the top of pool covers.





# Drain Entrapment

- 77% of body entrapment deaths and injuries were among children ages 14 and under.
- 93% of hair entanglement deaths and injuries were among children ages 15 and under.

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*A child's injuries from drain entrapment*



# Diving Boards & Slides

- Not all swimming pools are designed with diving in mind, especially residential pools.
- Most spinal cord injuries result from diving into shallow water.





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BEFORE  
YOU GO**

# Natural Bodies of Water





# Boating Safety



**Before operating a boat, everyone should enroll in an approved boater education course**



# Boating

- Most boating accidents are caused by an inexperienced operator.
- 9 out of 10 boating-related drownings were found not wearing a personal flotation device. U.S. Coast Guard
- Alcohol is involved in 1/3 of adolescent drowning. Centers for Disease Control



# Personal Watercraft (PWC) Facts

- Each year approximately 200 children are seriously injured or killed while riding personal watercraft such as jet skis.

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- American Academy of Pediatrics states children under 16 should not operate a PWC

American Academy of Pediatrics



# Personal Flotation Devices (PFDs)

**Personal Flotation Devices** such as a lifejacket or vest can be buoyant or inflatable and come in many sizes and styles.

## **Who Should Wear Coast Guard-approved PFDs?**

- All non-swimmers
- Anyone when near open bodies of water or when participating in water sports
- Any person on board a PWC or boat

**KNOW  
BEFORE  
YOU GO**

Identify the correct PFD





# Wearing a PFD Correctly

- ☑ Check the label
- ☑ Check for damage
- ☑ Fasten up
- ☑ Check for proper fit
- ☑ Wear it





# PFD Fitting 101

- ☑ Lift the shoulders of the life jacket
  
- ☑ Make sure it does not slip above the chin or ears
  
- ☑ It should feel snug, yet comfortable. A properly fitted life jacket keeps your head and shoulders above water.



# Help Prevent Drowning

*Steps you can take*

**READY,**

**SET,**

**SAVE!**



# READY

- Create **LAYERS of PROTECTION** between the water and your children.
- Learn **CPR**.
- **Talk to adults** that are caring for your child around water.
- Enroll children in **Swim Lessons**.



# Layers of Protection



Install alarms on doors and windows that lead to the pool.





# Layers of Protection



Build a non-climbable, five-foot fence between the house and the pool.



# Layers of Protection



Use self-closing gates that open outwards with latches out of the child's reach.



# SET

- **Never** leave your child alone.
- Assign an adult “**Water Watcher**” who is committed to supervising the pool area.
- Have a **phone** at the water area.
- Wear **PFDs** that are Coast Guard approved.



# SAVE

- Call 9-1-1.
- **Throw! Don't go.** Throw rescue equipment to the victim.
- Begin **CPR** and continue until rescue personnel arrives.



# ACTIVE SUPERVISION

## is most important...

### Active Supervision:

- ✓ Avoid alcohol
- ✓ No socializing with others
- ✓ No reading
- ✓ Do not talk on the phone
- ✓ Constantly watch the water
- ✓ NO DISTRACTIONS!





# Get Involved!!

- Free Community Presentations
- Become a member of the Speakers' Bureau
- [www.knowbeforeyougo.org](http://www.knowbeforeyougo.org)



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