

# Water Safety



## Did you know?

Drowning kills more children aged 1-4 than anything else except birth defects. Drowning is also the second leading cause of unintentional injury death among children aged 1-14. (CDC)

Drowning and other water related injuries are preventable. What will you do to keep your loved ones safe this summer?

### Be Prepared

- Learn CPR
- Take swim lessons
- Always swim with a buddy
- Put on a life jacket and make a touchdown to ensure a snug fit



### Supervision is Key

- Always designate someone to supervise children playing in the water
- Take shifts supervising
- Avoid reading and using electronics to prevent distractions
- Children should always swim near a lifeguard

Stay Safe With 4-Safety!



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[www.4-Safety.org](http://www.4-Safety.org)



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# Learn More!



## CPR Courses

Lifespan Community Training  
Center at Lifespan Hospitals  
[www.Lifespan.org](http://www.Lifespan.org)

Red Cross  
[www.RedCross.org/take-a-class](http://www.RedCross.org/take-a-class)

American Heart Association  
[www.Heart.org](http://www.Heart.org)



## Swim Lessons

YMCA  
Check your local YMCA.

University of Rhode Island  
[www.uri.edu/campusrec/aquaticprograms/aquatichours/](http://www.uri.edu/campusrec/aquaticprograms/aquatichours/)

Local Recreation Clubs  
Look for classes in your area.

## Pool Safety

**Warning**  
Children are more likely to drown in  
a family or friend's pool

Have a fence at least 4 ft tall on all four sides of your pool.

Install pool alarms to go off if someone falls in the water.

With inflatable pools, always empty water after use.

## Boat Safety

Did you know?

Boat drivers can receive a DUI. Stay safe and don't drink while on board.

Drinking as a passenger can be dangerous as well and could lead to injury or drowning.

Don't forget! Always ask where life jackets are located before boarding.



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