



A safe home is in your hands.



Preventing Drowning Deaths Outside and In-Home

According to *The State of Home Safety In America*™ report drowning is the fifth leading cause of unintentional injury and related death. Drowning incidents may involve any source of standing water, including swimming pools, spas, buckets, bathtubs and toilets.

“Drowning is a sudden and silent danger,” says Meri-K Appy, president of the Home Safety Council. “Since drowning victims do not make any noise once in distress, constant supervision around any body of water is critical and the best method of prevention.”

The Home Safety Council urges families to take the following basic safety precautions around water outdoors and in-home.

Swimming Safety and Pool Security

Many drowning incidents involve swimming pools and spas. Adopt the following guidelines from the Home Safety Council to help keep your pool area safe:

Prevent Drowning

- Drowning can happen very fast.
- Most of the time you will not hear someone drowning.
- Drowning can happen in any standing water, such as a swimming pool, a pond or a ditch.

Be Prepared

- Learn how to swim.
- Have rescue equipment by the pool.
- Take a class to learn First Aid and CPR.
- Have CPR instructions posted by the pool.
- Have a cordless phone in the pool area.
- Have emergency phone numbers by the phone.



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Protect Young Children

- A swimming pool should have a fence that goes all the way around it.
- The fence should have a gate that closes by itself.
- Children who cannot swim well should wear a life jacket
- Adults should keep their eyes on children every second they are near water.
- Stay awake and sober when watching children in or near water.
- Only adults can safely take care of children in or near water.
- Don't ask children to baby-sit younger children around water.
- Children who cannot swim well should wear a life jacket.
- Have bright lights outdoors at night.
- Put away pool cleaning equipment after use.
- Wipe up spills as soon as they happen.
- Keep the area around the pool clean. Pick up toys and other things that you can trip over.

In-Home Water Safety

Water presents a serious hazard both inside and outside the home. Young children are especially vulnerable to drowning risk areas inside the home including toilets, bathtubs and five gallon buckets. Constant supervision is the most effective way to keep children safe around water at home, and the Home Safety Council recommends implementing additional safety precautions to keep your children away from potential water hazards.

- Stay within an arm's length of children in and around water. This includes bathtubs, toilets, pools and spas – even buckets of water.
- Always supervise young children during bath time. Never allow older siblings to supervise in or around standing water.
- Baby bath seats are not a safety device and should never substitute for adult supervision.
- Never leave standing water in a bathtub.
- Keep bathroom doors closed and use door knob covers to prevent young children from accessing bathrooms.
- Use toilet seat locks and keep toilet lids shut.
- Empty large buckets and wading pools after using them. Keep them upside down when not in use.
- Store large buckets upside down and out of children's reach.

For additional information and resources to help you learn more and stay safe in and around your home, please visit www.homesafetycouncil.org.