

Ducks float. Children don't - drowning prevention.

Don't turn your back!



Can you justify the child's drowning because the phone was ringing or you were doing housework?

Doesn't everyone know to always supervise a child near water [tub, pool, beachfront, boat, etc.]?

Then why were 61% of Canadian 0-4yrs. old alone when they drowned [n=246, 1991-2000] and 27% supervised by a minor [n=109, 1991-2000]?
From 1991-2000, 4671 Canadians drowned and 3,526 survived a near drowning...water safety is for all!

The bathtub and backyard pool are the most common sites and drowning is the leading cause of death for 1-4 years old.

Children in or near water need to be supervised 100% by adults - there's no exception, excuse or substitution!

Many adults are also victims of drowning [boating, epilepsy, alcohol related] and males of all ages are the most likely victim.

Perception of risk is a major factor in addressing drowning prevention. Actual risk is greater than people's perception.

Water-related injuries costs society \$500 million per year in Canada.

When supervision fails, when the PFD (personal floating device) fails and when fate tests you, would you know what to do afterwards?

Swim to Survive®

This program created by **Lifesaving Society** teaches the essentials needed to survive an unexpected fall into deep water. Aim is that every grade 3 in Ontario know how to:
~ ROLL into deep water
~ TREAD for 1 minute
~ SWIM 50 metres

In addition, swimming lessons are strongly recommended for all.

lifesavingsociety.com

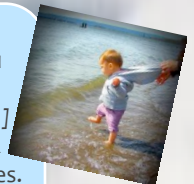


Drowning prevention

- full-time supervision near water [do chores or social later]
- use PFDs/ lifejackets - also when walking/ playing near water or in boats
- avoid water wings, etc.
- arms-length away in pools, wading areas, open water
- locked gate around entire pool + self-closing latches
- clean up toys from pool
- buddy system always
- enter feet first
- consider hiring a lifeguard for pool parties
- swimming lessons
- learn First Aid + CPR!

How to rescue a drowning person?

1. Protect yourself first- 2 victims are worse than 1
2. Reach or throw a buoyant item to the victim [they tend to grab anyone nearby - avoid being a victim]
3. Remove them from the water carefully + quickly and check breathing. Start CPR if needed. Possible risk of head injuries.
4. Call EMS/ 911 and continue to rescue. Remain with victim.



**Stephanie Gaetz
Keepsafe Foundation**

Barbara Underhill [former Canadian world-champion pairs skater] shares her story about how one of her 8 months twin daughter, Stephanie, drowned in 1993. Since then, Barbara and her husband developed a foundation dedicated to preventing childhood injuries.

Their hope...their horrific experience and the foundation's work will help other families prevent injuries and keep children safe.

keepsafefoundation.com

www.redcross.ca

www.wearalifejacket.com

<http://swim.isport.com>

www.cps.ca/english/statements/ip/ip03-01.htm

first aid/ wellness scenario #12

Answers next bulletin

- ? 1. What's the purpose of an AED?
- ? 2. What are 4 signs of a heart attack?

Answers to last 2HEALTH Bulletin's scenario #11:

- 1. What are some signs that a child has a fever?
> oral temperature >37.5 °C, less hungry, fussy, inactive
- 2. What do you do if someone has a seizure? Not to do:
> DO: let them complete the seizure while protecting their head or removing dangers away from them; call EMS; after seizure - expect vomiting + assess ABC
> DON'T: hold them down or touch them too much, besides holding head if needed; don't put anything in their mouth [this is old-school]

Drowning comprises of 79% of water-related deaths [1991-2000 Canadian stats]. Of the drownings: 39% were boating-related, 25% were during aquatic activities and 23% were falls into water and 8% were in the bathtubs. Please educate yourself, practice water safety to prevent drowning and lets keep kids stay safe around water!

NEXT BULLETIN: First Aid Kits 101...what you need!

www.2health.com

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2HEALTH First Aid + CPR training is Red Cross certified

Confident 'one-minute' rescuers

Safer families since 1992.