



The ABC's of Drowning Prevention

You Can Prevention Drownings

“Adult supervision is the key to stopping drownings. There’s no substitute.”

– Firefighter

“All backyard pools should have a fence between the house and the pool to protect younger children.”

– Pediatrician

“Learning CPR helped us save a life.”

– Parent

For more tips on keeping children safe:

Safe Kids Greater Sacramento
6501 Coyle Ave
Carmichael, CA 95608
916.864.5684
www.safekidssacramento.org



Dignity Health.
Mercy San Juan Medical Center



SPSMSJ20259 (5/19) SPS.INDD

Drowning is the main cause of death for Sacramento's toddlers and preschoolers.



In Sacramento County, drowning is the leading cause of injury-related death for children ages 1 - 4. In California, every year, 50 families lose a child under the age of 5 to drowning. That's two empty classes of kindergartners.

Drownings are silent and happen quickly. Help protect your children from these preventable tragedies.

Home Water Hazards

Children must be watched by an adult at all times when in or near water. Children can drown in an inch or two of water.

- Swimming pools
- Hot tubs, spas, and whirlpools
- Bathtubs, even with baby bathtub devices
- Backyard kiddie pools, ponds, and water fountains
- Buckets and pails, especially 5-gallon buckets and diaper pails
- Toilets
- Irrigation ditches, post holes, and wells



Sources:
Sacramento County Child Death Review Team
CA Dept. of Public Health, EpiCenter

Learn the ABCs of drowning prevention. Your child's life depends on it.

A for Adult Supervision

- Provide active adult supervision 100% of the time when children are in or near the water.
- Always assign an adult "water watcher" who knows how to swim. "Water watchers" should avoid alcohol and distractions such as phones and electronics.
- Children under age 5 should be kept within arm's reach while in the water.
- Water wings, inner-tubes, and even U.S. Coast Guard-approved life jackets should never take the place of adult supervision for children.
- Know where your children are at all times. Many children who drowned in swimming pools were not supposed to be in or near the water. If a child is missing, check the pool first.

B for Barriers

- Put in, check, and **always use** a child-proof barrier around your pool/spa area. Starting in 2018, California pools and spas being built or remodeled must have two safety features to protect children from drowning.
- One of the best layers of protection is a 5-foot-tall non-climbable fence with a self-closing, self-latching gate that separates the pool from the house and yard.
- Remove tempting toys from in or around the pool area.
- Keep chairs, tables, and other climbable items away from the pool barrier.

C for CPR & Classes

- Learn infant, child, and adult CPR (Cardiopulmonary Resuscitation) and rescue breathing.
- Call 911. Start CPR and rescue breathing immediately at pool side – this can save a life while the ambulance is on the way.
- Make sure all children and adults in your family learn to swim. Remember that swim lessons do not take the place of adult supervision and barriers.
- To find swim lessons ask at a local community pool or parks and recreation district.
- To find CPR classes contact your local Red Cross chapter, family resource center, or American Heart Association.