



# Water Safety

## Know the facts:

- Drowning can occur during swimming, boating, hunting and fishing, and even while taking a bath. In 2001, 859 children ages 14 and under drowned and nearly 2,700 required emergency room treatment for unintentional drowning-related injuries.
- Approximately 10% of childhood drowning take place in bathtubs; the majority of these happen in the absence of adult supervision. Small children can drown in as little as one inch of water and are therefore at risk of drowning in wading pools, bathtubs, buckets, diaper pails, toilets, spas and hot tubs.

## Water Safety Checklist:



Here are some things to consider prior to participating in water related activities:

- **DO** - Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth changes, obstructions and where the entry and exit points are located.
- **DO** - Check with a grown-up before playing or skating on ice.
- **DO** - Enter headfirst only when the area is clearly marked for diving and has no obstructions.
- **DO** - Get out of water right away if you hear thunder or see lightning.
- **DO** - Read and obey all rules and posted signs.
- **DO** - Set water safety rules for the whole family based on swimming abilities (for example, inexperienced swimmers should stay in water less than chest deep).
- **DO** - Swim only if there is a lifeguard or if a grown-up gives you permission to swim and are watching.
- **DO** - Swim with a buddy.
- **DO** - Take swimming lessons. The best thing anyone can do to stay safe in and around the water is to learn to swim.
- **DO** - Use a feet-first entry when entering the water.
- **DO** - Wade into the water feet first if you're swimming in a lake, pond or river.
- **DO** - Watch out for the dangerous "too's" – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- **DO** - Wear a personal flotation device (PFD) when you are in a boat. Children or inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal flotation device (PFD) when around the water.
- **DO NOT** - Dive off piers or rocks.
- **DO NOT** - Mix alcohol with swimming, diving or boating. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.
- **DO NOT** - Run around a swimming pool, dock or pier.
- **DO NOT** - Stand up in a boat.
- **DO NOT** - Sit or stand on the edge of a boat or let your arms hang over the edge.
- **DO NOT** - Swim if you are tired.

Know how to prevent, recognize, and respond to all emergencies.  
Take a CPR course; knowing this skill can be important around the water.

## Keep Our Children Safe!!!

Brought to you by the **West Paterson Volunteer Fire Department**

