



WATER FUN BEGINS WITH SAFETY

In Arizona, the leading cause of death for children under the age of 4 is drowning.

WATCH, LEARN and **PROTECT**

to ensure that you and your family and friends safely enjoy the water.



REALITY CHECK

A child can drown in less time than it takes to answer the telephone and in just a few inches of water.

#1 Drowning is the **No. 1** leading cause of death for children under 4 in Arizona.

Drowning is the **No. 1** cause of unintentional injury death of children from ages 1 to 4 in Arizona. **#1**

3,800 More than **3,800** people die from drowning in the United States each year.

Of the 3,800 drowning deaths each year, **3,500** are pool related.

2/3 **Two out of three** drownings occur in backyard spas, pools and bathtubs. The majority of these incidents occurred while the child's supervisor assumed the child was safely indoors.

For each child who drowns, **five** more children are hospitalized for near-drowning. **5**

10 Every day about **ten** people die from drowning.

Near-drowning causes irreversible brain damage within **four to six minutes**. Many people who survive near-drownings suffer significant neurological impairment. **4-6**

88%

Formal swimming lessons can reduce the risk of drowning by as much as **88%** among young children 1 to 4 years of age.



It is imperative that you watch children **at all times and around all water sources**, including pools, spas, fountains, buckets, bathtubs and toilets.

✓ WATCH

PROVIDE DEDICATED, NONSTOP ADULT SUPERVISION FOR POOLS, SPAS AND OTHER WATER SOURCES.

- ✓ Designate an adult to watch children and swimmers at all times—especially during social events when everyone thinks someone else is watching.
- ✓ Never allow your children to swim without an adult present.
- ✓ Do not allow anyone—of any age—to swim without a designated watcher nearby. Examples of good pool safety affect children’s behavior.
- ✓ Never leave a child alone or out of sight near a pool—not even for a second.
- ✓ Do not leave a pool area without taking your children with you.
- ✓ Know where your children are at all times.
- ✓ Check the pool first if someone is missing.



✓ LEARN

TEACH SWIMMING SKILLS AND ENFORCE SAFE BEHAVIORS...BUT REMAIN WATCHFUL.

- ✓ Teach your children how to swim.
- ✓ Never consider young children to be water safe even if they have swimming experience.
- ✓ Teach your children the safest and most effective way to get out of a pool or spa safely.
- ✓ Do not rely on plastic inner tubes, inflatable armbands or other toys for flotation—they are not designed to save lives.
- ✓ Be sure adult family members and babysitters are trained in CPR.
- ✓ Don’t allow children to swim immediately after eating a heavy meal.
- ✓ Stay out of the water during thunder or lightning storms.
- ✓ People under the influence of medications or alcohol should not use the pool or spa.



✓ PROTECT

LIMIT ACCESS TO THE POOL, PROTECT THE POOL AREA AND KEEP EMERGENCY ITEMS ON HAND.

- ✓ Limit access to the pool or spa area with a fence or other barrier.
- ✓ Use self-closing latching devices—out of children’s reach—on pool gates and doors.
- ✓ Lock pool gates when not in use—do not prop open a gate in the pool area.
- ✓ Make sure any doors and windows with pool access have locks, and check gates and locks regularly for proper operation.
- ✓ Prevent fence climbing by keeping large objects (such as tables and chairs) away from pool fences.
- ✓ Set the water level to 3” to 4” from the top to make climbing out easier.
- ✓ Lock up pool chemicals and supplies.
- ✓ Keep toys—particularly riding toys—away from the pool.
- ✓ Keep rescue and life-life saving equipment—such as a long rope, life ring or long-handled hook—nearby and easily accessible.
- ✓ Make sure a phone is handy—but not a distraction—at all times.
- ✓ Post CPR and 9-1-1 instructions in the pool area.



BEYOND POOLS: BATH & BUCKET SAFETY

Drowning can occur in just a few inches of water—making even a partially filled bucket a drowning hazard.

Make sure to watch your children around any water, including baths, buckets and toilets. Bring a phone and all bath items with you before you put your child in the tub. Keep lids closed on possible water hazards, such as toilets, and install approved safety locks on them.



STATISTICAL SOURCES:

- > Drowning Prevention Coalition of Arizona
- > Centers for Disease Control and Prevention

7 STEPS TO SAFETY

If you find someone in trouble in the water:

- 1.** Yell for help.
- 2.** Throw the person something that floats—a ball, life ring, inner tube, etc.
- 3.** If it's safe for you to do so, pull the person out if you are able.
- 4.** Call 9-1-1 immediately.
- 5.** If CPR is needed, begin immediately.
- 6.** If not trained in CPR, follow instructions from the 9-1-1 operator until help arrives.
- 7.** Don't hang up the phone until the 9-1-1 operator does.



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