

Water Safety

Water safety

Drowning is the second leading cause of unintentional injury-related deaths in children ages 14 and under. Child drowning or accidents can happen in a matter of seconds with no splashing to warn of trouble.

Tips for water safety

- Make sure an adult is constantly watching young children swimming, playing, or bathing in water
- Never swim alone or in unsupervised places
- Never drink alcohol before swimming, boating or water skiing or while supervising children around water
- Never chew gum while swimming, diving, or playing in water
- Learn to swim
- Learn CPR (cardio-pulmonary resuscitation)
- Do NOT use air-filled swimming aids, such as water wings, in place of life jackets or life preservers with children
- Check water depth before entering (the American Red Cross recommends nine feet as a minimum depth for jumping or diving)

Tips for home swimming pools

- Install a four-sided fence at least four feet high with self-closing and self-latching gates around the pool (pool area should be completely separating from house and play areas)
- Prevent children from having direct access to the pool
- Install a telephone near the pool and post 911 in an easy-to-see place
- Remove toys from pool immediately after use (toys may tempt children to lean into the pool and they may fall)
- Always supervise children using the pool

Additional information

- www.cdc.gov/safeusa/water/water.htm
- www.cdc.gov/ncipc/factsheets/drown.htm
- Kansas City Health Department/Community Environmental Health Program – (816) 513-6313