

Prevent Drowning

Doesn't take a super hero to stop a killer!

Use layers of protection.

Don't rely on people or things that give a **false sense of security**.

Pools, spas, outdoors

Consider formal swim lessons as early as 1 year. Children 1-4 years old who receive swimming instruction have fewer water accidents. Swimming lessons will not drown-proof your child, though. Still use additional layers of protection.

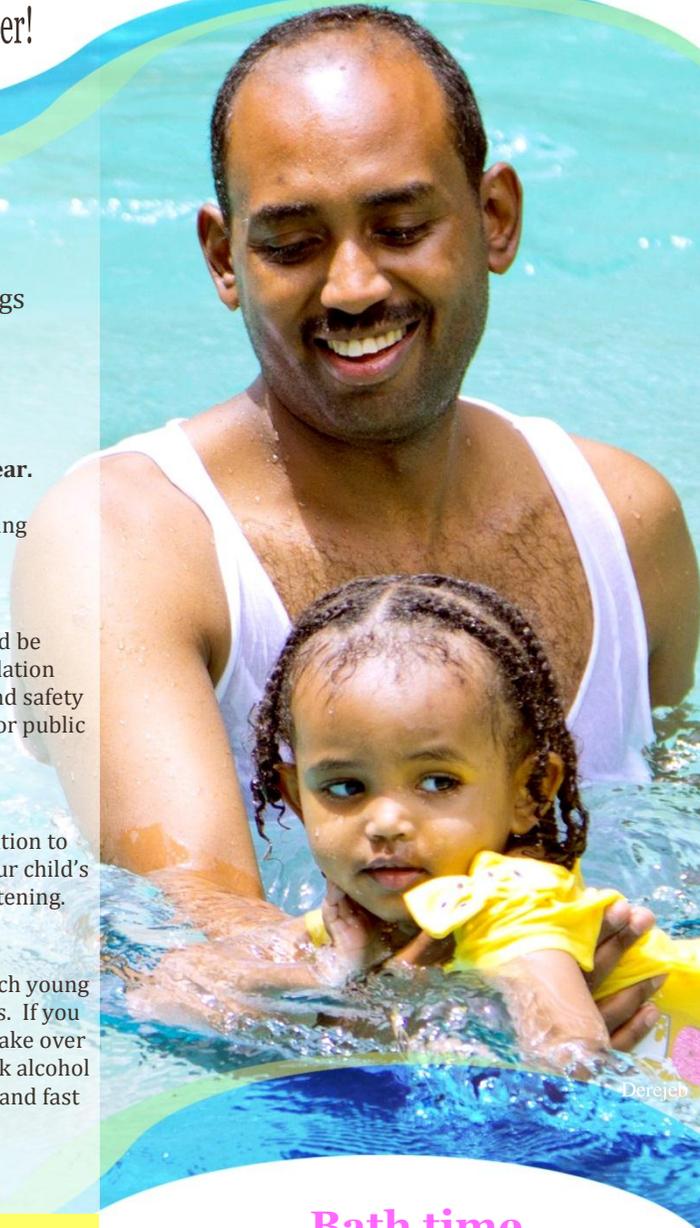
Verify safety equipment. Pools and spas should be contained by high, four-sided, non-climbable isolation fences. Ask your pool operator if drain covers and safety vacuum-release systems comply with U.S. laws for public pools and spas.

Use Personal Flotation Devices approved by The United States Coast Guard. Read documentation to verify suitability for water conditions and for your child's size. Carefully follow instructions for proper fastening. Misfit life jackets will not be effective.

Stay alert and in touch. Be close enough to touch young children in or near water. Do not avert your eyes. If you need to leave for a minute, ask another adult to take over watching, or take children with you. Do not drink alcohol during water activity. It impairs good judgment and fast reflexes you may need to save a child.

False protection

Being gone just a few seconds
Shallow water
Water wings or float devices
Bath seats
Other children watching
Pool covers



Bath time

Avoid baths at hectic times. Turn off your stove, your TV, your phone, or anything else that might tempt you away from a bathing infant or young child even for a few seconds.

Get everything ready first. Keep a checklist of all the items you use before bath time. Gather these items and put them in reach of the tub.

Stay near your child at all times. If you need to step away, take your child with you. Do not leave older siblings in charge.

Empty or secure liquids after use. Empty bathtubs and other liquid containers, such as water tables, buckets, and ice chests when not in use. Keep toilet lids down and use safety latches on bathroom doors.



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