



## CHECK ✓

Check the scene for safety.

Check the victim for consciousness, breathing, signs of life and severe bleeding.

## CALL ✓

Notify a lifeguard, or dial 9-1-1, or a local emergency number.

## CARE ✓

Care for conditions you find.

## Safety in the Water

### Before Getting In...

- Know how to prevent, recognize and care for heat emergencies.
- Choose a safe place for water recreation. Be aware of any water hazards.
- Use Coast Guard-approved life jackets when boating.
- Check local weather conditions and be prepared for potential weather problems.
- Remember important safety equipment: pole or shepherd's crook, rescue tube, buoy, throw bag, heavy jug or throw line.

### When Swimming...

- Never swim alone.
- Swim only in supervised areas.
- Do not go swimming if you have been drinking alcohol.
- Use common sense about swimming after eating.
- Do not chew gum or eat while swimming.
- Enter feet first if you do not know the depth.
- Know your swimming limits and stay within them.
- Keep an eye on weaker swimmers.
- Learn the correct way to dive safely.
- Learn to swim and learn about water safety. Contact your local American Red Cross chapter and your local parks and recreation department for information on classes in water safety, swim instruction, and First Aid/CPR.

## Children and Water

- Never leave children unattended. "Active" supervision means keeping your eyes on children at all times.
- Flotation devices should complement adult supervision, not replace it.
- When watching infants or toddlers near water, always stay within an arm's reach.
- Always have a "watch buddy" present.
- Consider hiring a professional lifeguard for private pool parties.

## Reach or Throw... Don't Go!

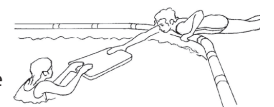
### THROWING ASSIST

- Get into a stride position with knees bent.
- Step on your end of the line with your foot forward.
- Throw flotation device just beyond the victim, but within reach; allow for wind or current to bring it back to the victim.
- When the victim has the flotation device in hand, lean back from the victim and slowly pull to safety.



### REACHING ASSIST WITH EQUIPMENT

- Brace yourself. Consider lying on your stomach.
- Reach with your arm to the victim or extend an object.
- When the victim grasps your arm or the device, lean back from the victim and slowly pull to safety.



## Watch out for the dangerous "toos"

- **Too tired**
- **Too cold**
- **Too far from safety**
- **Too much sun**
- **Too much hard playing**



## Activities/Location

## Preventative Measures

### Pools and Spas

### Safety Tips for Homeowners

- Children under age 5 and pregnant women should never use a spa; the extreme heat can be dangerous, even fatal.
- Never leave a child of any age around a pool or spa without adult supervision.
- Hot water can complicate certain medical conditions. Ask your doctor.
- Never use a spa after drinking alcohol.
- Post Emergency Medical Service (EMS) numbers by your telephone.
- Make sure your pool or spa is completely surrounded by a 5 ft. fence with self-closing and self-latching gates. Gates should open outward, away from the pool to prevent toddlers and small children from leaning against the gate and opening it.
- Install alarms on all doors and windows that lead to the pool or spa area. These are to remain locked at all times.
- Doggy doors must be sealed properly to prevent small children from crawling through and out to the pool area.
- Always have a lifesaving ring or shepherd's crook on your pool deck.
- Keep a telephone near the pool area for emergency use only.

### Water Parks

- Pay attention to posted signs and any lifeguard instructions.
- Always slide face up and feet first on waterslides.
- Use life jackets if available.

### Oceans and Beaches

- Check the surf conditions before you enter the water.
- When in the water, stay away from piers, pilings, and diving platforms.
- If caught in a current, don't try to swim against it; swim parallel and gradually angle towards shore.
- Stay within designated swimming areas, ideally in front of a lifeguard stand.
- Keep a lookout for any marine life.
- Make sure you always have enough energy to swim back to shore.

### Buckets and Tubs

- Any water deep enough to cover the nose and mouth of an infant/toddler can cause drowning.
- Empty cleaning buckets immediately after use.
- Never leave children unattended in a bathtub.
- Keep bathroom doors closed to stop a toddler from reaching the toilet.

### Lakes, Ponds and Rivers

- Select an area that has good water quality where conditions are maintained for safety.
- Select an area where rafts and docks are in good condition.

### Flood Control Channels and Swift/Rapid Water

- Never play in or around flood channels:
  - Sides are very steep and slippery; often covered with algae.
  - Fast moving water can sweep a person away quickly.
- Avoid drainage ditches and arroyos.

### Boating

- Always wear your life jacket.
- Leave a boat plan with friends, family and/or officials.
- Respect and understand the weather reports and conditions.
- Follow safe fueling practices.
- Safe boat loading practices:
  - Never overload - refer to capacity plate in boat.
  - Distribute weight evenly, keep passengers seated and secure gear to stop shifting.
- Have a signalling device on board: horn, whistle, radio, and flares.

Visit our website to find your local Red Cross chapter, and enroll in a CPR or First Aid course today!

[www.redcross.org](http://www.redcross.org)

