

# DROWNING PREVENTION



## DID YOU KNOW?

- Drowning is one of the **leading causes of death** in children aged **1-4 years**, and is **preventable**.
- Drowning **can happen anywhere** there is access to water, even if only a couple inches deep. This includes pools, bathtubs and buckets of water.

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**DROWNING  
CAN HAPPEN IN  
SECONDS AND  
QUIETLY.**

## PREVENTION

- Ensure all children near or in water are **constantly supervised** by a **clearly designated adult**.
  - The supervising adult should be **sober** and **avoid distractions** (e.g. cellphones).
- You and your child should learn how to swim and **learn water safety skills** at your community pool or at a recognized institution.
- You and your child should always **wear a well-fitting life jacket** when boating! Water wings and toys such as pool noodles are not safety devices and **do not prevent drowning**.



**Never swim alone!**



## ENVIRONMENTAL CONSIDERATIONS

- Pools should be **fully enclosed** by a self-closing and self-latching gated fence.
- Lakes, rivers and oceans have unique dangers like fast-moving currents and limited visibility. **Swim only in well-marked areas** with a lifeguard present.
- Never skate, play, walk, or run on open bodies of ice in the winter if it is **weak or thawing**.



Information seen above were collected using the following sites:

1. <https://www.cdc.gov/drowning/prevention/index.html>
2. <https://publications.aap.org/pediatrics/article/143/5/e20190850/37134/Prevention-of-Drowning?autologincheck=redirected>
3. <https://dprc-crpn.ca/>
4. <https://parachute.ca/en/injury-topic/drowning/>
5. [https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/water\\_safety](https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/water_safety)

SCAN FOR  
MORE INFO



Pediatric Emergency Medicine (PEM)  
Committee