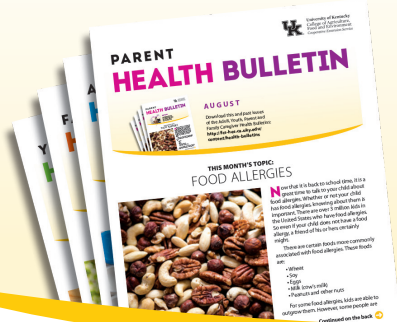




University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

PARENT

HEALTH BULLETIN



JULY 2022

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THIS MONTH'S TOPIC: WATER SAFETY



Summer is here and that means days spent by pools, splash pads, beaches, and lakes. So make sure water safety is a priority for everyone. The American Red Cross warns that if there is water, there is a risk of drowning, especially for children. For kids ages 1 to 14, drowning is the second leading cause of unintentional injury death in the U.S. Thankfully, there are things we can do to promote water safety and prevent drownings, and all it takes is some simple skills and increased awareness.

The best way to protect our kids around water is to have layers of protection that include life jackets, supervision, and knowledge of what to do in a water emergency. Keep these five water safety tips in mind this summer.

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Disabilities
accommodated
with prior notification.

Do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system.

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Learn to swim

The American Red Cross recommends that every family member know how to swim. Everyone should know how to enter the water, get a breath, stay afloat, locate an exit, swim for a distance, and then get out of the water safely. No matter your age, learning to swim is one of the best ways to be safer in and around the water.

Designate a water watcher

Provide constant adult supervision. Actively supervise children and nonswimmers around the water, even when lifeguards are present. Do not just drop kids off at the pool. Avoid distracting activities such as checking email or social media.

The American Red Cross recommends that you rotate water watchers every 15 minutes and that all adults agree to the duties of the water watcher to:

- Watch in-water activity without distraction,
- Stop dangerous activity, and
- Respond to emergencies by (1) shouting for help, (2) rescuing and removing the person using a reaching or throwing assist, (3) calling 911, and (4) providing rescue breathing and CPR until help arrives.

Learn CPR

Everyone who is responsible for watching children should learn first aid and CPR, so they will know what to do until help arrives. Being certified in CPR can mean the difference between life and death as you wait for EMS to arrive.

Swim with a buddy

Do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system. Always swim in designated areas supervised by lifeguards.

Wear a life jacket

Adults and kids should always wear a properly-fitted U.S. Coast Guard-approved



life jacket while boating. Nonswimmers and inexperienced swimmers should also always wear a life jacket when in and around the water. Inflatable toys can be fun but are not a substitute for U.S. Coast Guard-approved life jackets.

Stick to these safety tips to keep your children safe in the water this summer.

REFERENCES:

- <https://www.redcross.org/about-us/news-and-events/news/2021/6-water-safety-tips-to-help-save-a-life-this-summer.html>
- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>
- https://www.redcross.org/content/dam/redcross/get-help/water-safety/American_Red_Cross_Water_Watcher_Card.pdf

ADULT
HEALTH BULLETIN

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