

WATER SAFETY- DROWNING INFO

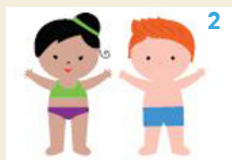
WHY IS IT IMPORTANT?

- Death and injury from drownings occur every day
- Drownings occur in the time it takes to apply sunscreen, check a fishing line and replying to a text



WHAT CAN YOU DO?

- **BE Water Smart**
- **GAIN Swimming Skills**
- **LEARN To Help Others**



*Montana and Wyoming have 2 deaths/100,000/ year



*Drowning death rates for American Indian or Alaska Native people aged 29 and younger are 2 times higher than the rates for White people

*People with seizures and other medical conditions are at higher risk for drowning

WATER SMART

- Never swim alone
- Avoid consuming alcohol and certain medications before swimming
- Wear an appropriate life jacket
- Learn the risks of various water environments

*Majority of adult related drownings are due to alcohol consumption, medical conditions, and boating incidents

SWIMMING SKILLS

Learn How To:

- Enter water that's over your head, then return to the surface
- Float or tread water for at least 1 minute
- Turn over and turn around in the water
- Swim at least 25 yards
- Exit the water

*Children ages 1-4 die from drowning more than any other causes

*Drowning is 2nd leading cause of death in children aged 1-14

*Overall, in the US there are 11 fatal deaths/ day and 22 drownings/ day



HELP OTHERS

- Paying close attention to children or weak swimmers you are supervising in or near water
- Knowing the signs that someone is drowning
- Knowing ways to safely assist a drowning person, such as "reach or throw, don't go"
- Knowing CPR and first aid

SOURCE:
1. <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>
2. <http://www.thprd.org/activities/aquatics/water-safety-programs>
3. <https://www.cdc.gov/drowning/facts/index.html>
4. QUAN L. CUMMINGS P. CHARACTERISTICS OF DROWNING BY DIFFERENT AGE GROUPS INJURY PREVENTION 2003;9:163-168.

