



Caregiver Bulletin

Water Safety Outdoors



Did you know?

- *Thousands of people drown in the United States each year.*
- *Most drownings happen when there is poor or no supervision.*
- *Immediate action and first aid can prevent death.*
- *If a person falls into cold water, their body temperature drops quickly and can cause hypothermia.*
- *Any source of water is a potential drowning hazard.*

Who is at increased risk of drowning?

- Young children.
- Individuals who cannot swim.
- Individuals with mobility challenges.
- Individuals who are drawn to or fascinated with water and may not understand the dangers.

What are the signs someone needs help or is drowning?

- Someone is in the water fully clothed.
- Uneven swimming motions can be a sign the swimmer is getting tired.
- The person is sinking and only their head is above water.

Be wise and supervise, it could save a life!



Learn More

[Red Cross, Water Safety](#)

[Centers for Disease Control and Prevention, Unintentional Drowning: Get the Facts](#)

[Water Safety USA](#)

[National Park Service, Water Safety](#)

[MedlinePlus, Near Drowning](#)

Water Safety Outdoors

Prevention

- Never swim alone.
- Swimming lessons can be lifesaving.
- Only swim in areas monitored by lifeguards.
- Have someone supervise individuals swimming in the water, even if a lifeguard is on duty.
- Know where the closest lifeguard or other help is.
- Don't mix alcohol and water activities.
- Never leave someone with mobility challenges alone near water. Provide constant supervision and stay within arm's reach.
- Provide one-on-one supervision for individuals with a seizure disorder when near water.
- Young children or others who cannot swim should wear a Coast Guard approved life jacket.
- Do not use water toys such as noodles or water wings in place of life jackets.
- Take classes on water safety, first aid and CPR. Red Cross can be one resource for these trainings.
- Have a cell phone within reach in case of an emergency.
- Have items close by that could be thrown to someone having trouble in the water such as ropes with buoys, long branches, etc.
- Know the signs of hypothermia – drowsiness, weakness and loss of coordination, pale and cold skin, confusion, uncontrollable shivering, slowed breathing or heart rate.
- Watch for changes in water and weather conditions.
- Find water recreation safety information on the Department of Health [website](#), including beach advisories.
- Stay far back from the water's edge to avoid accidentally falling in.

How should I respond to a water emergency?

- If someone is missing, check the water first.
- Call 911.
- Call out for help.
- Only enter the water if you have strong swimming skills and it is safe to do so. Use a rope or other object to pull a person to shore.
- Help the person to remain calm.
- If the person has stopped breathing, start rescue breaths, which you may need to start in the water. Start CPR once they are safely to shore.
- Be careful when handling the person in case they have an injury.
- Provide first aid for any injuries.
- Remove wet clothing and cover the person in blankets or warm clothing.
- Encourage the person to seek medical attention even if they seem okay. There could be complications that are not visible right away.

