



- Drowning is one of the leading causes of accidental death in children.
- Empty water from all containers, buckets, baths and paddling pools immediately after use. A child can drown in less than 5cm of water!
- Familiarise your child with water and arrange swimming lessons from 6 months of age. Please ensure you use a qualified and patient instructor.
- Ensure that you have constant visual eye contact with children when they are around water, a child can drown in 20 seconds!
- Install four sided fencing around your pool to ensure that it cannot be accessed without an adult. A pool fence is not a substitute for supervision.
- Avoid drinking alcohol before / during swimming or other water activities. Drinking alcohol while supervising children will impair judgement.
- Don't let swimmers hyperventilate before swimming or try to hold their breath underwater, this can cause "shallow water blackout" and drowning.
- Clear the pool area of toys so children are not tempted to enter the pool area unsupervised. Ensure chairs or pot plants are not placed next to the fence – they can be used by children to climb into the pool area.
- Conduct Cardiopulmonary Resuscitation (CPR) course training and update your skills annually so you are able to respond in case of an emergency.
- Resuscitation posters are a good reminder to keep around pools and spas.
- Never leave an older child in charge of another child's life in the pool; children don't understand the serious risk of drowning when unattended.
- Ensure all of your child's carers are aware of water hazards, can swim and have completed CPR training within the last year.



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