

Water Safety

Children and water can be a fatal combination. Drowning is a quick and silent event. The good news is, this does not have to happen to your child. Drowning deaths can be prevented if the right action steps are taken.

- **Always watch your child in and around water.** If your child turns up missing, look at bodies of water first.
- **Place at least two pool safety barriers between your child and the pool.** Pool safety barriers can buy you time if your child gets out of your sight and heads towards the pool.
- **Be prepared.** Learn infant and child CPR in case of an emergency and have a phone nearby (to call 911). CPR may help you save a life.
- **Assign someone to be a “Water Watcher”.** A Water Watcher is always watching all the children that are in and around the pool.
- **Remove toys.** Toys attract children to the water and they might fall in the water when trying to grab the toy.
- **No one is drown proof.** Do not assume that your child is safe because he or she had swimming lessons.
- **Empty out buckets and wading pools when they are not in use.** Children can drown as little as two inches of water.
- **Never leave a child alone in the bathtub.** Do not count on a baby bath ring or seat to keep your child safe. Once bath time is over, immediately drain the bathtub.

When an accident happens, CHOC Children's is ready with the only pediatric-dedicated emergency department and trauma center in Orange County. For more important tips to prevent injuries in children and teens, visit choc.org/safety.