



In California, the Leading Cause of Injury-Related Death Among Children Under 5, is Drowning.

Keep Children Safe from the Start with the ABC's of Water Safety

A: ACTIVE ADULT SUPERVISION

Most child victims are supervised by one or both parents when water related accidents occur. In 2009, 77% of child victims were missing for five minutes or less when they were found in the pool drowned or submerged. Children can drown in less than 2 inches of water, so inflatable pools, swimming pools, spas, bathtubs, lakes, buckets and even toilets, can be a danger too. Active adult supervision is maintaining eye contact with the child at all times.

B: BARRIERS

Use multiple barriers to keep children out of the water such as fencing, gates, latches, alarms, pool safety nets and pool safety covers. Test them out. Children should not be able to get over, under or through barriers.

C: CLASSES

Families should take CPR, learn proper rescue techniques and keep rescue equipment poolside. Kids can develop swim skills through qualified and ongoing instruction. Families can attend a water safety workshop together.

For more information on keeping children safe and healthy visit first5sanbernardino.org

Dial 2-1-1 for swimming and CPR lessons in your area.