

# Pool/Water Safety



The Atwell group of companies encourages all employees and their families to be mindful of water safety this summer

## THE FACTS:

- Every year, emergency departments treat about 6400 pool and spa injuries in children younger than 15 years old
- Teens and young adults often don't think about water safety
- Water incidents don't just occur in pools, lakes, rivers, and oceans; bathtubs, toilets and even buckets can pose a danger for very young children
- It only takes one breath of water – children can drown in as little as an inch or two of water, and it can happen **quickly** and **silently**
- Swimming lessons do not make your child “drown-proof”

## Follow these water safety precautions:

- Never leave your child alone in the bathtub, pool, etc. If you have to leave, even for a minute, take them with you
- Don't underestimate the power of water; even rivers and lakes can have undertows
- GET. CPR. TRAINED.
- Never swim alone
- If you get caught in a current, don't try to fight it; stay calm and float with it, or swim parallel to the shore until you can swim free
- Don't dive in unfamiliar areas

## BOATING SAFETY:

Life jackets are at the core of safe boating, whether using a motorized or non-motorized vessel. Good swimmers still need life jackets; when people fall off a boat, they may become disoriented, injured, or unconscious. A life jacket will keep your head above water so you can be rescued easily.

Some things to consider:

- Make sure the jacket is a proper fit for your size and weight
- Ensure the jacket is fastened properly
- Be prepared before setting out
  - Check that equipment is in good working order
  - Make sure you have everything you need including a tool kit and first aid kit
  - Before you leave, always file a “float plan” with someone you trust
  - Don't forget the sunscreen!
  - Know your limits with alcoholic beverages and exercise good judgement
- Tips for water skiers, tubers, and wakeboarders:
  - Always have a spotter in the boat and go over basic hand signals
  - Wait for the propeller to stop before getting back on the boat
  - Make certain the towline isn't caught in the propeller or wrapped around you prior to beginning
  - Enjoy these activities during daylight hours only

**Remember:** Every pool, every lake and every warm summer day holds the possibility of new, fun summer experiences. All you need to add is your undivided attention.