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Top Ten **Amazing** Water Safety Tips

Tips from St. Joseph's Hospital and Medical Center

A recent poll conducted by St. Joseph's Hospital and Medical Center revealed that one in eight Valley residents know someone who has drowned. The poll's results also showed that one in six Valley adults have a child or grandchild who has fallen into a pool. Arizona has the second highest drowning rate in the nation.

St. Joseph's Barrow Neurological Institute offers a water safety program called Oliver Otter that teaches water-safety rules to children and young adults. Below are water safety tips from St. Joseph's Oliver Otter program and physicians.

- 1. Fill it Up.** Keep the pool very full. A high water level makes it easier for a child to climb out of the pool or to reach a child in trouble.
- 2. No Noodling.** Do not use water noodles or water wings as a substitute for a life vest.
- 3. Take Deep Breaths.** Learn CPR. Children who receive CPR after being pulled from the pool have a greater chance of survival.
- 4. Be the Boss.** Never leave a child in the water unsupervised even by turning your head. A drowning can occur even if the adult is in the pool area but not carefully watching.
- 5. Build a Barricade.** Install a fence around the pool (not just the yard). Use self-closing gates in which locks are out of reach of children. Spaces between barriers should be narrow enough to prevent a child or infant from squeezing through. Never leave furniture near the fence that would enable a child to climb over.
- 6. Go Wireless.** Keep a cordless phone or cell phone near the pool. Many drownings occur because someone left the pool area for a "minute" to answer the phone.
- 7. Don't Get Drained.** Do not drain a pool. Falling into an empty pool can cause serious injury.
- 8. Clean it Up.** Keep the pool and pool area clean. Debris and algae could obstruct your view into the water and interfere with rescue. Toys left in or around the pool may lure a child into the pool area.
- 8. Get in the Pool.** Children who take swimming lessons and learn to swim are less likely to drown.
- 10. Fix Fido.** Close and lock any doors or windows giving access to the pool, including pet doors.