



Prevent Think Life Safety

For additional information, call 503-805-8482

Water Safety

Approximately 5,000 people die each year in drownings. For every drowning that does occur, it is estimated that 4 near-drownings occur. While swimming pools are a major contributor natural waterways like lakes, ponds, and streams present hazards too. In fact, even the family bath tub can be a source of drowning for very young children. Outdoor waters, even in the summer, can cause hypothermia. Even on a warm day, cold water can sap the strength of the best swimmer, rendering them unable to swim to safety.

Consider the following:

- Swim with a buddy – Children should always be supervised in the water and, as they get older, swim with a friend. There really is safety in numbers. This applies to not only swimming pools but lakes, streams, and the ocean.
- Personal Floatation Devices (PFD's) Save Lives – When boating, it is important to obey laws related to PFD's. Children should wear PFD's as should adults who are not good swimmers. They should be readily available when boating. PFD's are also appropriate for use in natural waterways or pools.
- Take Posted Warnings Seriously – Whether at the ocean or in a pool, consider the posted warnings. They usually exist because of a tragic incident that has occurred in the past.
- Discuss your own safety rules with your children – Children don't always know better. They can only know what you share with them. Revisit rules often to ensure they know what you expect.
- Look Before You Leap – Check out the body of water you'll be swimming in before leaping in. Check the depth of a pool or check the bottom of a lake for objects that can cause injury or the potential to get snagged. Beware of fast currents that may be stronger than the swimmer.