

IF A CHILD IS DROWNING

Don't jump in yourself. Whenever possible:

- Throw the child an object that floats to help them float.
- Offer the child a long object they can hold onto and pull them to safety.

If you have to jump in:

- Take something the child can hold onto, rather than letting them grab onto you.

FIRST AID

All parents and caregivers should be trained in infant and child cardiopulmonary response (ICPRI) by an accredited organisation.

Remember: It only takes a few minutes without oxygen for brain damage to occur and thereafter, death.



CHILDREN SHOULD NEVER BE LEFT UNSUPERVISED IN THE BATH



EMERGENCY NUMBER 10111

CHILDSAFE SOUTH AFRICA

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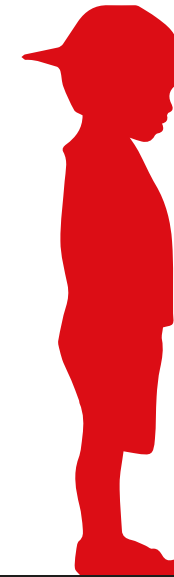
✉ capfsa@pgwc.gov.za

🌐 www.childsafe.org.za

📘 Childsafe South Africa

📱 @ChildsafeSA

A campaign of the Child Accident Prevention Foundation of Southern Africa (CAPFSA), a member of Safe Kids Worldwide.



DID YOU KNOW?

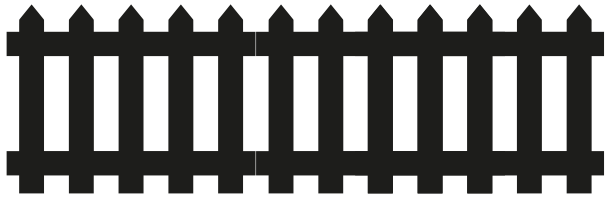
- Drowning is the second biggest cause of accidental death among young children.
- Drowning is a silent killer; children do not make any noise when it happens.
- A child can drown within 30 seconds.
- A child can drown in just 4 cm of water.

HOW TO PREVENT DROWNING

LET'S KEEP KIDS SAFE AROUND WATER.

WOOLWORTHS 

childsafe
KEEP KIDS FREE FROM HARM 



MAKE SURE YOUR SWIMMING POOL IS COMPLETELY SECURED BY FENCING

PREVENTION AT HOME

- **Always** supervise your children in or near water; give them your undivided attention, even if they know how to swim.
- **Never** leave small children unattended in the bath; ignore the phone/doorbell or take the child with you.
- Immediately empty baths, buckets, containers and paddling pools after use.
- **Always** fit lids firmly on buckets of water.
- **Always** keep toilet seats closed and install toilet seat locks.
- **Always** keep doors to bathrooms and laundry rooms closed.



ALWAYS KEEP TOILET SEATS CLOSED AND INSTALL TOILET SEAT LOCKS

PREVENTION AROUND SWIMMING POOLS

- **Always** make sure an adult is present when children are swimming.
- **Always** ensure that children who can't swim wear approved floating aids, e.g. water wings.
- **Never** just rely on floating aids for drown protection.
- Make sure your swimming pool is completely secured by fencing, a self-latching gate, safety covers and pool alarms.
- Check whether your neighbours' swimming pools are adequately secured.
- Comply with municipal by-laws.
- Make sure toys are not lying around the pool where children can trip over them.

TEACH YOUR CHILDREN

- How to float, tread water and swim with clothes.
- To only swim when an adult is present.
- Not to play, run or ride a bike around swimming pools.
- To only swim in designated swimming areas and if a lifeguard is on duty.
- How to deal with currents, undertow and uneven surfaces in open water.
- Not to jump in to help when others are in trouble.



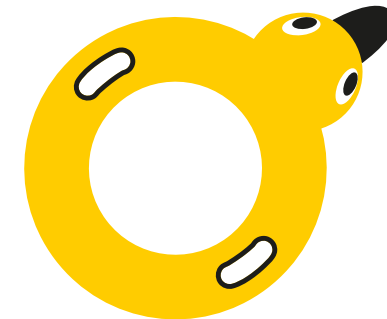
IT ONLY TAKES 4CM'S OF WATER FOR A CHILD TO DROWN



CHILDREN SHOULD ALWAYS WEAR LIFE JACKETS WHEN ON A BOAT

PREVENTION AROUND OPEN WATER

- **Always** adhere to "no swimming" warnings.
- Beware of strong currents; a floating toy is easily swept away with a child on it.
- Children should always wear life jackets when on a boat.



NEVER JUST RELY ON FLOATING AIDS FOR DROWN PROTECTION



4 cm