

0 to 6 months

# Water Safety

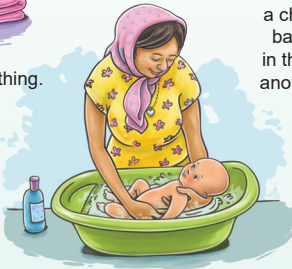
## Supervise children in and around water



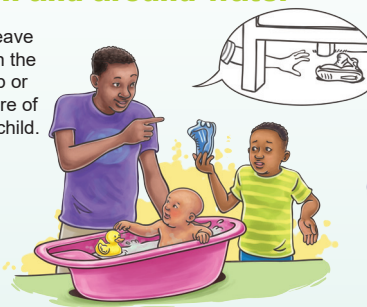
Gather all bath supplies before bathing.

- Needs 100% protection
- Rolls over
- Reaches for objects
- Put objects in mouth
- Can drown in as little as 4cm of water because they can't lift their head

Support babies in the bath to avoid them slipping under the water.



Never leave a child in the bath tub or in the care of another child.



Empty tub and turn upside down when not used.

6 months - 1 year



Keep toilet lids down.

- Sits up
- Crawls
- Pulls up to stand
- Takes first steps when holding on

Never substitute swimming devices for constant adult supervision.



Teach children how to swim from an early age.



Beware of drains as body parts can be entrapped.

1 - 3 years



Teach children never to run, push, or jump on others around water.

- No idea of danger
- Walks and climbs
- Turn taps
- Imitates



Children must always wear a life jacket in water.

Remove pool or bath toys after use and empty it of water.



Restrict access to pools by fencing your pool with a self-closing and self-latching gate.

3 - 6 years



Riding bicycles or tricycles or playing games near pools/dams/canals is dangerous.



- Fearless
- Fast
- Smart
- Explores with little thought of danger



Children should be encouraged to swim in a safe designated area where a lifeguard is also present.

Encourage children never to swim against rip currents.



Emergency treatment



Step 1:

Your priority is to get a drowning child out of the water as quickly as possible.



Step 2:

Call 112 or ask someone to call for you if you have help there.



Step 3:

If they aren't breathing, place them on their back on a firm surface and start CPR.



Step 4:

Continue performing CPR until medical help arrives and takes over.