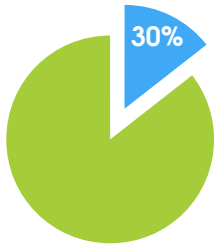
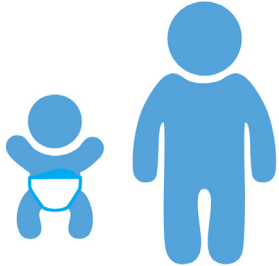


WATER SAFETY



Drowning is the 2nd leading cause of death in children between 5 and 14 years - 30% of all drownings.



Children under the age of 5 are most at risk.

A child can drown in as little as 4cm of water.



Drowning is silent and happens quickly, you may have less than a minute to react. There can be very little splashing, waving or screaming.

A child can lose consciousness after 90 - 120 seconds under water.



Irreversible brain damage occurs after 4 to 6 minutes not breathing.



Keep toilet lids closed.



Use lids that fit very tightly or empty buckets of water after use.

- Restrict access to pools by fencing
- your pool with a self-closing latch/gate.



Teach children to swim at an early age.

Actively supervise children near and in water, even if they know how to swim or they are wearing swimming life jackets.



On the beach, always have your children swim where there is a lifeguard but still exercising caution and watch your child.

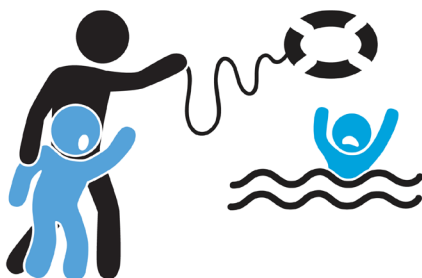
Check warning signs where your child is playing near water.



Stay close by in case the child needs your help.

IN AN EMERGENCY

Discourage jumping into water to help a child in distress; this often leads to a double tragedy.



When assisting a child in trouble in water, take something for the child to hold onto and pull them to safety.



If they aren't breathing, place them on their back on a firm surface and start CPR until medical help arrives and takes over.

IN AN EMERGENCY

Call Emergency Services for help (112 OR 10177)

