

Drowning/Water Rescue: What Can I do?

Always get to safety and call 911 immediately!

- For non-specialized waters, such as pools or bathtubs:
 - Do not go in the water unless it's safe to do so. Assess the situation for hazards that may harm the rescuer.
 - If safe, and as necessary, throw a floatable object out to the person in need of rescue.
- For specialized waters, such as rivers and quarries:
 - Do not go in the water. Each year, rescuers drown attempting to save drowning people. The caller/rescuer should attempt a rescue only if it is safe.
 - Have someone continuously maintain direct sight of the person or the last location they were seen.
 - In flood/high water conditions, climb to higher ground and stay there.
 - For a rescue involving ice, do not go out onto the ice.

Water Safety Tips/Facts

- Quarries pose hidden dangers such as steep drop offs, submerged hazards, and tunnels. Unlike other bodies of water, quarries often have much colder water. The sudden drop in temperatures can cause cold shock, which can lead to uncontrollable gasping and possible drowning. In addition to these hazards, quarries are often on private property and may lead to a trespassing complaint.

- Always monitor children when they are in, and around water, without distraction.
 - Almost 800 children drown in the U.S. every year.
 - Two-thirds of the drowning deaths of children occur from May thru August and more than half involve children that are less than 4-years-old.
 - Drowning is fast and silent. It can happen in less than 60 seconds and in as little as 2 inches of water.
 - 80% of child drownings occur in a residential pool while an adult is present.
- Avoid risky behavior! Never dive into unfamiliar water.
- Establish a safety plan with your family and consider completing CPR training.
- Avoid alcohol and drug use when in, or around water.
- Be sure children and adults wear U.S. Coast Guard-approved life jackets in and around water bodies while boating, canoeing, kayaking, paddle boarding, or other recreational water activities.
- Be safe and enjoy summer water activities!!

Sources: <https://www.stopdrowningnow.org/>
<https://www.heart.org>