

Tri County EMS Association Safety Guides



Swimming Pool & Water Safety

Almost everyone enjoys swimming on a hot summer day. If you live in a warm climate, you and your neighbors may have pools in your yards. While pools are highly enjoyable, owners must be wise to prevent accidents and even deaths with good swimming pool safety. It is recommended that proper care be taken if one is engaged in recreational or competitive swimming.

"More children are killed each year in swimming pool accidents than by handguns."

Swimming is considered to be an excellent type of exercise and is commonly used for the purpose of recreation apart from competitive swimming. Studies have revealed that swimming can prove as an excellent relaxation technique apart from providing a complete workout of the entire body.

It is often recommended by trainers and physicians for rehabilitation purposes after occurrence of any type of injury or disability. This is primarily because of the fact that the human body's density is similar to that of water. During swimming, the human body is ably supported by water and therefore the level of stress on the human bones and joints is relatively less.

Swimming pool safety tips:

- A fence or barrier must be installed around the pool which must be at least 4 feet in height.
- If the pool is in one's home, doors leading to the pool must be protected by door alarm for access by children.
- Power safety covers, which is a barrier (motor-powered) used and placed over the water area, may be used as a substitute for door alarms.
- Ladders and steps must be locked and may be removed when not in use.
- Constant supervision must be made by babysitters while a child is swimming.
- Learn the technique of cardiopulmonary resuscitation, which is an emergency procedure of providing first aid to someone who has problems of cardiac or respiratory arrest.
- There must be no toys, cycles or tricycles near the pool, as they are known to attract children.
- Make necessary arrangements for maintenance and oiling of latches and hinges.
- Keep the pool safe and hygienic.

A hot tub or spa, just like swimming, is another form of water activity that is used by people mainly for rejuvenating their tired bodies. Spa bathing is used as an excellent relaxant and is popular all over the world.

The spa provides a treatment, done through the medium of water, which is also known as balneotherapy. It may also denote an activity performed in a tub, or a "long hot bath" used for the purpose of relaxation and invigoration which includes a device for increasing whirlpools in water.

Similar to swimming pool safety, take these measures to ensure spa safety:

- Regular maintenance and conformity to the guidelines issued by health and government authorities must be ensured at all times, without any irregularity.
- The skimmer covers must be unbroken and screw-fastened and in place.
- There must be regular removal of obstructions from the main drain cover and always ensure that the heater, electrical equipment and wiring of spa are functioning in a normal state.
- In case of a smell around the heater, call the concerned authorities immediately.
- And remember, it is always wise to follow the guidelines, rules and regulations prescribed by the local, health and governmental authorities.

All in all, the pool and spa must always be in a safe, hygienic and in conformity with the predefined rules and procedures. Proper care must be taken when children are near the pool. Swimming must not be taken under the influence of any drugs, alcohol or sedatives. Proper supervision and training must be taken before swimming. There must be availability of first aid at all the times near the pool to take care of any emergencies.

Avoid accidents with these swimming pool safety strategies and insure years of joy and health for you and your family.

Water Safety

Drowning claims the lives of nearly 3,000 people every year. Although all age groups are represented, children four years old and younger have the highest death rate due to drowning. Most drowning and near-drowning incidents happen when a child falls into a pool or is left alone in the bathtub.

Safety Tips

Never leave a child alone near water: on the beach, at a pool, or in the bathtub. If you must leave, take your child with you.

Kids don't drown only in pools. Bathtubs, buckets, toilets, and hot tubs present drowning dangers as well.

Enroll children over age three in swimming lessons taught by qualified instructors. But keep in mind that lessons don't make your child "drown-proof."

Always follow posted safety precautions when visiting water parks.

If you're visiting a public pool, keep an eye on your kids. Lifeguards aren't babysitters.

Teach your children these four key swimming rules:

1. Always swim with a buddy.
2. Don't dive into unknown bodies of water. Jump feet first to avoid hitting your head on a shallow bottom.
3. Don't push or jump on others.
4. Be prepared for an emergency.

Never consume alcohol when operating a boat.

Always use approved personal flotation devices (life jackets).

Don't underestimate the power of water. Even rivers and lakes can have undertows.

Always have a first-aid kit and emergency phone contacts handy. Parents should be trained in CPR (cardiopulmonary resuscitation).