



2



Water Safety 101 keeping it simple, keeping it safe

Safety Tips for Rescuing a Drowning Victim

Drowning is a tragedy that can happen anytime to anyone who is near or in a body of water. Infants and children are at the highest risk. Drowning occurs when the victim attempts to breathe during the struggle to stay afloat, causing ingestion of large volumes of water into the stomach and the lungs. *Dry Drowning* or *Secondary Drowning* is a term for victims who are still breathing after they have been rescued.

Step 1

Try to pull the victim out of the water. Depending on the victim's size and the strength of the rescuer, it is always best to throw the victim a flotation device. You can also use a pole, towel or any extension device for the victim to grab on to. As shown in recent events, a panicking victim may try to "climb" their rescuer resulting in driving the rescuer under water and drowning the rescuer. Only those trained in water rescue should attempt to swim to a conscious drowning victim.

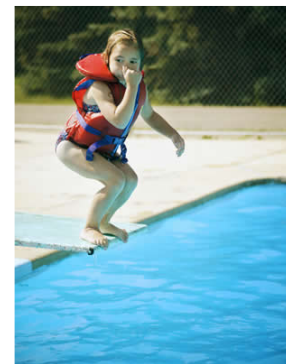
Step 2

If you cannot swim, are not a strong swimmer and/or do not have training in water rescue, Call 911 or EMS immediately.

Step 3

In a water rescue, trained rescuers must approach the victim from behind and be prepared to push the victim away if grabbed and pushed underwater. Once the victim is pulled out of the water, Call EMS immediately.

Step 4



Learn to Swim



www.redcross.ca

It is important to reduce the risk of hypothermia in near-drowning victims, therefore; you must wrap the person in warm blankets or clothing.

Dry Drowning/Secondary Drowning

Water inhalation - Call EMS immediately if you suspect Dry Drowning or Secondary Drowning

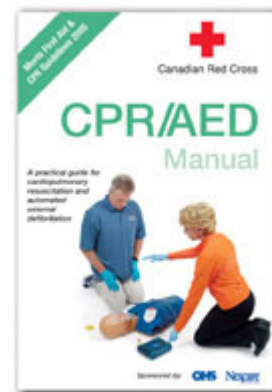
If water enters the airways of a conscious victim, the victim will try to cough up the water or swallow it, thus inhaling more water involuntarily. Upon water entering the airways, both conscious and unconscious victims experience laryngospasm, that is the larynx or the vocal cords in the throat constrict and seal the air tube. This prevents water from entering the lungs. Because of this laryngospasm, water enters the stomach in the initial phase of drowning and very little water enters the lungs. Unfortunately, this can interfere with air entering the lungs, too. In most victims, the laryngospasm relaxes some time after unconsciousness and water can enter the lungs causing a "wet drowning". However, about 10-15% of victims maintain this seal until cardiac arrest. This is called "dry drowning", as no water enters the lungs. Water in the lungs indicates that the victim was still alive at the point of submersion. Absence of water in the lungs may be either a dry drowning or indicates a death before submersion.

Keeping Your Children Safe

Many municipalities require fencing surrounding a pool. Be sure that you meet the municipal requirements.

- Ideally, fencing should be at least 6 feet high and surround the pool completely. To meet Toronto by-laws, the fence **does not include the house as part of the 4 sided fence enclosure. The house does not act as a fence**
- Gates should be self-latching and self-closing so the gate is not inadvertently left open. Consider self-locking mechanisms.
- **Install alarms.** Doors leading to the pool area should have an alarm. Add an underwater pool alarm that sounds when something hits the water. Make sure you can hear the alarm inside the house
- **Block pool and hot tub access.** Use a rigid, motorized safety cover to block access to the pool when it's not in use. Secure a cover on hot tubs as well. Don't allow water to collect on top of the pool or hot tub cover. Remove above-ground pool steps or ladders or lock them behind a fence when the pool isn't in use.
- **Teach children to swim.** Most children can learn to swim at age 5, but know that swimming lessons won't necessarily drown-proof a child.
- **Remove toys.** Don't leave pool toys in the water. A child may fall into the water while trying to retrieve a toy.
- **Never leave children unsupervised** near a pool or hot tub.

Although we begin teaching our children at a young age to be safe, as responsible adults we do not rely on these lessons as our only strategy for keeping them safe. We teach our toddlers to stop before



**CPR Saves
It's Plain & Simple**

**Learn Today,
Help Save a Life
Tomorrow**

#

www.ert-cpr.com

LifeJackets, PFD's



**Staying on top is
What it is All About**

Winners - Child PFD

***Lisa Harrison**

***Conrad Rodrigues**

**Congratulations &
Thank-you to all who
entered!**

venturing onto the street, to look for cars, where and how to cross safely and not to play on the street. And yet, we do not leave our toddler unattended by the road side to play.

There has been a video circulating on the Internet showing young children able to float on their backs, suggesting that this method will protect them from drowning. The Canadian Red Cross completely disagrees with this method and states that the only way to keep children safe in and around water is through constant adult supervision. This learned sequence of floating skills as shown in the video will not protect children from drowning.

Drowning statistics gathered by the Canadian Red Cross from Coroner's reports across Canada since 1991, show that two-thirds of toddler and infant fatal drownings (i.e. less than 5 years of age) happen while there was a lack of parental supervision. The key to safety is vigilance. Know where your child is at all times, know what potential hazards exist for your child and create safety barriers between the water hazards and your child to reduce the likelihood of your child accessing these hazards.

* information found at www.redcross.ca, water safety

Emergency Oxygen Administration Kits



\$299.00

plus shipping & applicable taxes

Visit

www.ert-cpr.com for all your CPR & First Aid Product Needs



Baby/Child In-home CPR & First Aid Workshops

Canadian Red Cross
Authorized Provider

ERT
Emergency Response Training

For more info call Valerie at 416.937.8576 or visit www.ert-cpr.com

www.ert-cpr.com

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to valerie@ert-cpr.com by valerie@ert-cpr.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



ERT - Emergency Response Training | Pickering Street | Toronto | ON | M4E 3J9 | Canada