Drowning Prevention
Staying safe in and around the water

Drowning is the second leading cause of death in children ages 1-14 in the US

- The most important way to prevent drownings is constant supervision!
- Never leave a baby alone in the bathtub, even for a second
- A toddler can wander away quickly! Lock doors and gates leading to yards with pools
- Home pools and spas should have fences
- Cover and lock hot tubs
- Teach children to always ask permission to go near water
- Do not leave containers in the yard where they may collect water and attract a child
- Children can drown in as little as 1 inch of water: dump out buckets, plastic pools, and empty the bathtub completely after each use
- Bathtubs and buckets are the most common place where babies drown
- Call Portland Parks and Recreation to enroll in swim lessons and classes (503-823-PLAY)
- Learn CPR
- Even children who are good swimmers can drown
- If you need to leave the water play area, EVEN FOR A FEW SECONDS, take your children with you
- Swim in designated areas supervised by lifeguards
- Always swim with a buddy, never swim alone
- Have young children wear U.S. Coast Guard-approved life jackets around water
- Water wings are not a life-saving device
- Pools are the most common place where young children drown

To learn more about keeping your child safe: www.redcross.org and search “Water Safety”