

KNOWTHE SIGNS OF DROWNING

Signs that someone is drowning may not be obvious. You will NOT hear a cry for help.

- **A drowning person cannot call for help.**
When a person is drowning, the mouth sinks below the water and reappears above the surface. There isn't time to exhale, inhale, and call out.
- **Someone who is drowning cannot wave for help.**
Instinctively arms extend to the sides, and the person presses down to lift their mouth out of the water; children may extend their arms forward. A person in trouble can't use their arms to move toward a rescuer or reach for rescue equipment.
- **A drowning person remains upright in the water, with no evidence of kicking.** The struggle lasts for only 20 to 60 seconds before going under.
- **Head is low in the water, with mouth at water level;** head may be tilted back with mouth open. A child's head may fall forward.
- **Eyes are glassy, unable to focus, or closed.**
- **Hair may be over forehead or eyes.**
- **Sometimes the most important indicator is that the person does not look like they are drowning.** They may just seem to be looking up at the sky, shore, pool deck, or dock. Ask "Are you all right"? If they can answer, they probably are OK. *If you encounter a blank stare, you may have less than 30 seconds to get to them.*
- **Children playing in the water make noise.** When they get quiet, you need to get them out immediately.



To read the signs in their entirety visit:
<http://www.rd.com/advice/parenting/8-quiet-signs-of-someone-drowning/>

- Actively supervise children AT ALL TIMES near open bodies of water like ponds, lakes, rivers, and oceans.
- Drowning can occur in as little as 2 inches of water, so keep a close watch near landscaping features like koi ponds, waterfalls, and fountains.
- Teach children to swim and about water safety.
- NEVER SWIM ALONE — swim with a buddy.
- Consider swimming lessons (call the YMCA to locate one near you at 1-800-872-9622 or visit www.ymca.net/find-your-y).



If you have a pool



- Provide locked safety barriers for swimming area when not in use.
- Keep climbable objects away from safety barriers.
- Don't forget about landscaping water features like koi ponds, waterfalls, and fountains. They are safety hazards, too.



Water Safety Tips



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<http://middlesexcac.org/fatality-prevention/>