



WHAT TO DO IN AN EMERGENCY

Whether in the backyard, at a hotel or at the beach, when children are in or near water, always have an adult present. Adults should learn CPR and stay within an arm's length of each child. It's a good idea to keep rescue equipment nearby, such as a shepherd's hook and a life preserver.

Make sure a phone and list of emergency numbers are available. After your children are done swimming, remove all toys so they aren't tempted to reach for them and risk falling in accidentally. If a child goes missing and there is a pool or spa around, always look there first! If you find a child in trouble, follow these steps:

- Step 1:** Don't panic. Yell for help and get the child out of the water right away.
- Step 2:** Call 911 immediately for emergency medical assistance.
- Step 3:** Begin CPR, if necessary. If you're not trained in CPR, follow telephone instructions from rescue workers until they arrive to assist you.



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CHLA.org/KOHLs



We Treat Kids Better



Water Safety

CHLA.org/KOHLs

Kohl's Safety and Injury Prevention Program

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WATER SAFETY

Drowning is the leading cause of death in children ages 1 to 4 in Los Angeles County and California. Seventy-five percent of drowning deaths occur in a backyard pool, spa or bathtub. Even if a child survives drowning, he or she may suffer permanent brain damage. Most children who drown in pools are last seen inside the house, often in the care of one or both parents, and most parents state that the child was only out of sight for a few minutes. Young children do not have the ability to push themselves out if they fall in. Remember that even the smallest amount of water can drown a child, so pay attention to buckets and toilets.



THE ABCs OF WATER SAFETY

A Is for Adult Supervision

When it comes to keeping children safe in and around the water, nothing is as effective as adult supervision.

- Most people assume that a child on the brink of drowning will splash around and cry out for help. In reality, children more commonly slip under the water silently. By the time someone realizes a child is in danger, it may be too late.
- A child can drown within seconds in as little as one inch of water. For this reason, it is crucial that children are never left alone in or near water, even for a moment, and that at least one adult keeps focused on the children at all times.
- According to a national study of drowning-related deaths involving children, a parent or caregiver reported supervising the child in nearly nine out of 10 incidents. Just having adults at the poolside is not enough. Active adult supervision is the No. 1 way to effectively keep kids safe. Distractions such as parties, alcohol or even other people or activities can cause adults to lose focus of their duties as pool-watcher.



B Is for Barriers

Make sure your pool or spa has a fence or walls that will guard against unsupervised access.

- The swimming pool fencing ordinance in Los Angeles County requires that swimming pools more than 2 feet deep be surrounded by a protective fence no less than 5 feet high. The fence should completely isolate the pool or spa from the rest of the yard and house.

- Keep items that could be used for climbing into the pool area away from fences. Use gates that self-close and self-latch, with latches that are located higher than your children can reach.
- For an above-ground pool, make sure steps and ladders are secured or removed when the pool is not in use.
- Install door alarms, pool alarms and automatic pool covers to add an extra layer of protection to keep children safe from unsupervised swimming.
- Lock your bathrooms and turn buckets over when not in use.

C Is for Classes

A variety of classes can improve your family's safety.

- It is important that parents learn CPR in case of an emergency.
- Swimming lessons are a good idea for children 1 year old and up. In the United States, drowning rates are the highest among children ages 1-2. In Arizona, California, Florida and Texas, drowning is the leading cause of death in this age group.

Even children who have had swim lessons should wear a life jacket. Twenty-five percent of all children who drown or nearly drown have had swimming lessons. Children may overestimate their swimming abilities.



Use a life jacket certified by the U.S. Coast Guard. **DO NOT** use inflatable devices such as water wings or inner tubes instead of a life jacket. Water wings can slip down a child's arm to the wrist, causing the child to be unable to keep his or her head above water. Life jackets can be purchased in the Safety Corner of the Family Pantry at Children's Hospital Los Angeles.