

SAFE BEGINNINGS WATER SAFETY CHECKLIST

GENERAL

- Supervise kids in and around water
- Choose a Water Watcher
- Teach children how to swim
- Learn water rescue skills and CPR

IN THE HOME

- Install latches on bathroom doors and toilets
- Empty buckets and bathtubs after use

POOLS

- Install fences around pools
- Empty kids' pools after each use

OPEN WATER

- Use life jackets when necessary
- Only swim in designated swim areas



Child Abuse Prevention Council
of Sacramento, Inc.



WHAT TO DO IF YOUR CHILD IS DROWNING

GET THEM OUT OF THE WATER, IF POSSIBLE

YELL FOR HELP IF YOU ARE ON YOUR OWN

HAVE SOMEONE ELSE CALL 911 IF POSSIBLE

PERFORM LIFESAVING TECHNIQUES, IN THE FOLLOWING ORDER:

- Try to wake the person. Shake them, or even pinch their earlobe if you need to!
- Lie them on their back and tilt their head and chin backwards to help clear their airway
- Check for breathing: Look to see if their chest is rising and falling. Feel for their breath on your cheek. Listen for breathing sounds.
- If no sign of breath, give the person 5 rescue breaths
- Perform CPR

IF YOU ARE ON YOUR OWN, NOW IS THE TIME TO CALL 911

- While waiting for emergency services, continue 30 chest compressions followed by 2 rescue breaths
- If the person begins breathing before emergency services arrives, roll them onto their side with their leg and arm bent and their head tilted slightly back