Drowning Prevention Tips – Pools

• Teach children to “Never go in or around water unless they are with an adult!”
• Constant supervision! Never leave a child unattended in a water area. Even for a moment!
• Post water awareness signs and stickers on doors and gates. Show and explain these to children.
• Never rely solely on floatation devices for non-swimmers.
• Utilize within reach/touch supervision of the very small children.
• NO swimming should be allowed in a cloudy, chemically imbalanced pool.
• Ensure you can see the bottom of the pool and clearly identify the drains.
• Do you have the new non-entrapment drain installed?
• Is your pool completely fenced in? Four sided fencing of the pool itself.
• Do you have self-closing hinges and latches on all doors and gates leading to the pool area?
• Are the latches over 4 feet tall? Child safety latches?
• Is there a CPR trained person in the household? If not get certified.
• Visibly post CPR instructions in the pool area.
• Require each swimmer to have a swimming buddy.
• Is there life saving equipment on hand by the pool? Life preserver, grab bar.
• Never allow diving in any area less than 8 feet in depth.
• Clear entire pool area of pool toys, float rafts, etc. when pool is not in use.
• Do you have a pool cover? Ensure it is closed before leaving the pool area.
• Do you have a water motion pool alarm?
• Take turns wearing a Water Watcher tag. The Water Watcher must pledge to focus only on the pool, NO PHONE, NO DRINKING, etc.
• If large groups of swimmers are expected such as pool parties, hire a lifeguard for the day.
• Have a phone in the pool area. Call 911 immediately in case of an emergency.
• Are there alarms on all doors leading to the pool or water area?
• Are there child safety locks on all doors that lead to the pool or water area?
• Do you have a large dog door that leads to the pool or water area? If yes, please secure it.
• Leave pool area at the first sign of stormy weather.

Teach your children these four key swimming rules:
• Always swim with a buddy.
• Don't dive into unknown bodies of water. Jump feet first to avoid hitting your head on a shallow bottom.
• Don't push or jump on others.
• Be prepared for an emergency.
The Instinctive Drowning Response—so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the No. 2 cause of accidental death in children, ages 15 and under (just behind vehicle accidents)—of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. In some of those drownings, the adult will actually watch the child do it, having no idea it is happening. Drowning does not look like drowning—Dr. Pia, in an article in the Coast Guard’s *On Scene* magazine, described the Instinctive Drowning Response like this:

1. “Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled before speech occurs.
2. Drowning people’s mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When the drowning people’s mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.
3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water’s surface. Pressing down on the surface of the water permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.
4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.
5. From beginning to end of the Instinctive Drowning Response people’s bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.”

This doesn’t mean that a person that is yelling for help and thrashing isn’t in real trouble—they are experiencing aquatic distress. Not always present before the Instinctive Drowning Response, aquatic distress doesn’t last long—but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc.

Look for these other signs of drowning when persons are in the water:
- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs—vertical
• Hyperventilating or gasping
• Trying to swim in a particular direction but not making headway
• Trying to roll over on the back
• Appear to be climbing an invisible ladder

So if a crew member falls overboard and everything looks OK—don’t be too sure. Sometimes the most common indication that someone is drowning is that they don’t look like they’re drowning. They may just look like they are treading water and looking up at the deck. One way to be sure? Ask them, “Are you all right?” If they can answer at all—they probably are. If they return a blank stare, you may have less than 30 seconds to get to them. And parents—children playing in the water make noise. *When they get quiet, you get to them and find out why.*

**FMD Injury Report May 2013**

<table>
<thead>
<tr>
<th>Injury Date</th>
<th>Description</th>
<th>Lost Time</th>
</tr>
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<tbody>
<tr>
<td>May 3, 2013</td>
<td>Employee slipped, twisted ankle while mopping floor.</td>
<td>Y</td>
</tr>
<tr>
<td>May 9, 2013</td>
<td>Employee had abdominal pain after lifting trash bag containing water.</td>
<td>N</td>
</tr>
<tr>
<td>May 9, 2013</td>
<td>Employee had chemical spray to eye while connecting chemical feed pump.</td>
<td>N</td>
</tr>
<tr>
<td>May 28, 2013</td>
<td>Employee struck head when entering elevator and elevator door began to close.</td>
<td>N</td>
</tr>
</tbody>
</table>

**Hundred Day Goal:**

• As of June 12, 2013, FMD is at 40 days without a lost time incident.
• On August 11, 2013, FMD will be at 100 days without a lost time incident.