Drowning is...

A LEADING CAUSE OF INJURY-RELATED DEATH IN YOUTH

For more info, visit: hiprc.org/drowning-prevention

HARBORVIEW
Injury Prevention & Research Center
UNIVERSITY of WASHINGTON
Wear a Life Jacket

Do not rely on air-filled or foam toys – these are not safety devices.

For more info, visit:
hiprc.org/drowning-prevention
Swim with a Buddy

Even strong swimmers can be in danger when something unexpected happens.

The “Buddy System” can keep all swimmers safe—and is especially important for those at higher risk for drowning, including those with medical conditions.
Pool Safety

Install a fence & gate to fully enclose your pool (self-closing & self-latching)

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Supervise Closely

Designate a responsible adult to supervise each child closely and constantly when in or near water (including bath time).

**AVOID DISTRACTIONS**

- Consuming alcohol or drugs
- Using a device
- Reading a book
Boating Safety

Whether you cruise, sail, kayak, fish or paddleboard, you are responsible to know the laws & basics of boating safety.

For more info, visit: hiprc.org/drowning-prevention
Resources

#PREVENTDROWNING

Become a lifeguard
Buy or borrow a life jacket
Learn Chain of Drowning Survival
Practice open water swim safety
Recreate Responsibly

and more »

For more info, visit:
hiprc.org/drowning-prevention
Open Water Safety

SWIM AT OWN RISK

Conditions can change in a matter of seconds!

BE PREPARED.

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