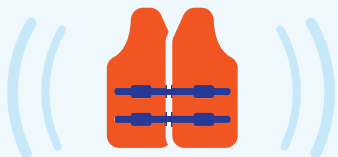


Follow these  
five life-saving  
steps when in or  
near water:

## 1 // PREVENTION



## 2 // RECOGNITION



## 3 // RESPONSE



## 4 // RESCUE



## 5 // TREATMENT



CPR

# How to Prevent or Take Action in a Drowning Incident

### DROWNINGS ARE PREVENTABLE.

Although drownings are highly preventable, rates of drowning remain high across our communities, our nation, and our world. Effective drowning prevention requires multiple complimentary actions that **EVERYONE** must implement when in or near water.

### CALL FOR HELP!

If you recognize a person is in distress when in or near water, **SEND SOMEONE IMMEDIATELY FOR HELP!** Any delays in activating rescue and emergency medical services (EMS) could increase the risk of a fatal drowning. Learn to recognize the signs of drowning, such as a person's head may be out of water looking at you, arms may be flailing in the air but the body is not moving through the water.

### PREVENT SUBMERSION.

After you recognize a person is in distress and send someone for help, you must provide flotation. **DO NOT ENTER THE WATER**—instead, reach out, throw, or drop the flotation device to the person.

### REMOVE FROM WATER.

Someone who is drowning needs to be removed from the water to protect them from further harm and allow for medical care. **USE AVAILABLE FLotation DEVICES TO PULL VICTIM TO SAFETY.** If this is not possible, trained rescuers are needed to safely rescue victims from the water.

### SEEK MEDICAL ATTENTION.

If you know CPR, start CPR as soon as the person is safely on land. **IMMEDIATE ASSESSMENT AND TREATMENT IS ESSENTIAL.**

*Drowning can be **life-threatening!***

**BE PREPARED >>**

**[hiprc.org/drowning-prevention](http://hiprc.org/drowning-prevention)**



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