

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

1 // PREVENTION



2 // RECOGNITION



3 // RESPONSE



4 // RESCUE



5 // TREATMENT



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 near vertical body position, ineffective downward arm movements, or pedaling and kicking legs with the inability to move forward in 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.

Trained rescuers can start to provide basic life support measures before the drowning person is removed from the water, and can provide cardiopulmonary resuscitation (CPR) as soon as the person is removed from the water. **IMMEDIATE ASSESSMENT AND TREATMENT IS ESSENTIAL.**

Drowning can be life-threatening!

