KNOW the WATERS

In a matter of seconds, Conditions can change!

BE PREPARED

hiprc.org/drowning-prevention
Open Water Safety

BE PREPARED:
Check if designated swim area is safe, pack a life jacket, and ensure there’s a lifeguard on duty!

For more info, visit: hiprc.org/drowning-prevention
Whether you cruise, sail, kayak, fish or paddleboard, you must know and follow the boating safety laws and basics.

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

Even strong swimmers can drown.

When the unexpected happens, lifeguards can help swimmers stay safe.

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
Supervise Closely

Designate a responsible adult who’s job is to watch 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

Harborview Injury Prevention & Research Center
University of Washington
Pool Safety

Install a fence & gate that completely surrounds your pool (self-closing & self-latching)

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

LEARN MORE >>

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