



## AWARENESS

# DROWNING PREVENTION, YOU SHOULD KNOW ABOUT

According to the United Nations (UN), “drowning is the third leading cause of unintentional injury death, accounting for seven percent of all injury-related deaths.” As a result, in 2021, the UN declared 25 July as World Drowning Prevention Day to raise awareness of these global tragedies while providing safety solutions to prevent drowning incidents worldwide.

### Risk factors for drowning

The World Health Organization (WHO) states that the highest global drowning rates are within ages one to nine years.

In addition, males are more likely to drown than females. According to the WHO, risk behaviours, such as swimming alone and drinking alcohol before swimming, lead to higher drowning rates.

### Water safety measures

The Centers for Disease Control and Prevention (CDC) shares safety solutions to prevent drowning incidents for those at higher risk.

- Build barriers around swimming pools, such as fences and a closed gate, to protect young children from falling in. Keep toys away from swimming pools to avoid unsupervised children from going near open water.

- Provide swimming lessons for young children. Professional lessons will teach children how to swim and react during a potential drowning incident.
- Adults should supervise young children while swimming or bathing in bathtubs. Children who can swim or are still learning to swim should still be supervised. Avoid engaging in distracting activities, like reading, while supervising young children.
- Life jackets for all age groups reduce the risk of drowning on a boat or in water.
- Avoid alcohol while swimming or on a boat. Alcohol impairs our balance, judgement and coordination, leading to a higher risk of drowning as an adult. Don't consume alcohol when supervising young children while they swim.
- Use the buddy system while swimming. When going to a lake, river or ocean, swim with a friend to ensure your safety, especially if you have any health conditions, including epilepsy, that may put you at higher risk of drowning. Go to areas with trained lifeguards if you can't swim or accompanied by a non-swimmer.

These prevention measures will help keep you and your loved ones safe near water.