

Circle of Drowning Prevention

Layers of protection are essential to help prevent drowning.

Plan ahead for aquatic activities:



- Provide close and constant attention to children you are supervising in or near water.
- Fence pools and spas with adequate barriers, including four-sided fencing.
- Learn swimming and water-safety survival skills.
- Children, inexperienced swimmers, and all boaters should wear U.S. Coast Guard-approved life jackets.
- Always swim in a lifeguarded area.

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 **100+ YEARS**
OF WATER SAFETY

Chain of Drowning Survival

A person who is drowning has the greatest chance of survival if these steps are followed:



- Recognize the signs of someone in trouble and shout for help.
- Rescue and remove the person from the water (without putting yourself in danger).
- Ask someone to call emergency medical services (EMS). If alone, give 2 minutes of care, then call EMS.
- Begin rescue breathing and CPR.
- Use an AED if available and transfer care to advanced life support.

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