



Summer Safety

eSafetyLine

Safe Swimming

Summer is upon us and one of the greatest pleasures of summer is taking a swim in a cool body of water. Whether it's a stream, lake or the ocean, you must be aware of some safe swimming ideas before you take to the water. By following some basic safety tips you can greatly reduce the chances of you or your family and friends becoming drowning or near-drowning victims.

- Learn to swim. Knowing how to swim is the best way for all to keep safe around the water. The American Red Cross offers swimming courses for people of any age and ability.
- Keep an eye on family and friends. Drowning can occur in the blink of an eye; children can drown in as little as 20 seconds and adults as little as 60. The best prevention is to closely watch those in the water.
- Swim only in designated swim areas. Swim areas are properly marked and are places where motor boats are prohibited.
- Swim near the shore. Drowning most often occurs within about 10 feet of safety and usually about 50 feet from shore.
- Never swim alone. It's always better to swim with a "buddy". If something happens like a cramp or swallowing water, a buddy being close by can help the victim to safety.
- "Reach or Throw, Don't Go". The safest way for everyone to help a drowning victim is to do so without entering the water. It's best to use a branch or pole or throw in a flotation device to save someone from drowning. Too often an untrained individual goes into the water to save someone and becomes a victim as well.

- Learn to perform CPR. The Red Cross offers training programs for most age groups. This knowledge can help save a drowning person's life. In an emergency, always have someone call Emergency Services or 911.
- Wear a U.S. Coast Guard-approved life jacket. The use of this equipment can keep someone afloat that isn't very comfortable with being in or around water.
- Swimming and alcohol can be a deadly combination. Alcohol use around the water can increase the likelihood of an accidental drowning.

A day by the water is one of summer's most anticipated activities. It can be a great deal of fun and good exercise but it can have the potential for accidents so care must be taken so everyone leaves the water safe and sound.

Discussion Questions

How quickly is it possible for a child to drown?

What is meant by "reach or throw, don't go"?

MEETING / TRAINING ATTENDANCE ROSTER

COMPANY: _____

_____ SAFETY MEETING

JOB/DEPT: _____

_____ SAFETY TRAINING

DATE: ___/___/_____

TIME: _____

TOPICS ADDRESSED: _____

EMPLOYEE'S SIGNATURES

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: _____

ACTION TAKEN: _____

Supervisor's Signature

_____/_____/_____
Date

Safety Coordinator's Signature

_____/_____/_____
Date