

What to do in an Emergency

If a child is recovered from under water:

- 1** Call for help immediately (112)

- 2** Check if the child is breathing
- 3** If the child is not breathing, start CPR immediately
- 4** Continue until emergency services arrive


If the child is breathing after being removed from water, or recovers after performing CPR, medical evaluation is still required.

If the child develops fatigue, coughing, chest pain or breathing difficulties even hours after the near-drowning event - seek urgent medical care.



ALWAYS IN SIGHT
AND WITHIN REACH

For more information, call us on 2326 6000 or follow us on our social media platforms.



Water Safety for Children



**What every parent and caregiver
should know about water safety.**

Why children are at risk

Children are especially vulnerable as they are:



Curious and attracted to water

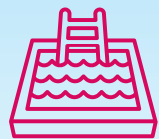


May not understand danger



Can slip or fall into water easily

Danger can be found close to home including:



Private swimming pools



Filled bathtubs



Filled water basins

Even children who know how to swim can get into difficulty.

Recognising drowning

Drowning is often silent, a child who is drowning may:

Keep their head low in the water with their mouth at water level

Tilt their head back to try to breathe

Try to climb an invisible ladder in the water

Become quiet or motionless

Be unable to shout or wave for help

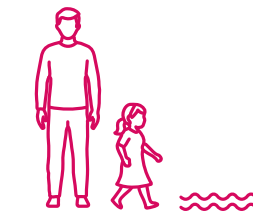
Stare blankly



If a child suddenly becomes silent in the water, check immediately.

Prevent drowning

Simple steps save lives:



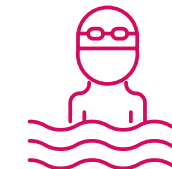
Adults should always supervise children around water



Stay within arm's reach of young children



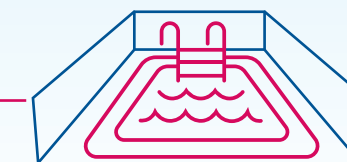
Avoid distractions such as phones



Never leave children unattended near water

Make pools and water areas safer:

- Install secure fencing and self-closing gates
- Remove toys from or near the pool after use



Teach water safety:

- Encourage swimming lessons
- Teach children never to enter water alone

