

## **The ABCs of Water Safety**

The weather is heating up and swimming season will be here soon! Approximately 3,700 people die from drowning in the U.S. every year. It is the leading cause of unintentional injury deaths for children between 1 and 4.

The Orange County Fire Authority encourages residents to learn the ABCs of water safety to prevent drowning.

**A** is for **Active Adult** supervision.

No one should ever swim alone. If a child goes missing, check the water first. Every second counts. Do not rely on floaties or other swimming aids. Keep infants and toddlers within an arm's reach. Children can drown in less than 2 inches of water in less than 20 seconds.

**B** is for **Barriers**.

All swimming areas should be enclosed by proper fencing. Multiple layers of protection are best: fences, gates, door alarms, locks, and safety covers. Put away chairs, tables, or other items a child could use to climb over the fence.

**C** is for **Classes**.

Swimming lessons could save someone's life. Teach children to enter the pool feet first and to never run, jump, or push others on pool decks. Learn CPR and first aid. Always keep a phone nearby in the event of an emergency.

Visit <https://ocfa.org/SafetyPrograms/DrowningPrevention.aspx> or call (714) 573-6200 for more information on water safety.