



## EDUCATE YOURSELF

The Center for Disease Control (CDC) reports that is nationally the leading cause of injury death for children ages 1–4 years. Each day in the United States, an average of 11 unintentional deaths occur, with an annual total of nearly 4,000 deaths. In Indiana, a total of 216 drowning deaths occurred from 2018–2021.

### Supervision

Children need to be constantly supervised when there is any body of water around, even if the child knows how to swim. Ensure that someone is always within arm's reach of a child, especially those children under the age of 5.

### No Unattended Toys

Never leave toys in water, as children may go in after them. Chlorine floaters shaped like cute animals/toys should also be avoided if you have small children.

### Discard Water

Empty wading pools, bathtubs, buckets, or anything that may hold water, and turn them upside down.

### Pools

Pool safety covers and alarms provide added protection. Look into all pools and make sure they are not cloudy.

### Community Pools

If you have a community pool, ensure that there is a lifeguard present, but lifeguards are not babysitters!

### Above Ground Pools

Keep ladders, patio furniture and toys away from above-ground pools. Toddlers are better climbers than you might think.

### Distractions

Minimize distractions (cell phones, electronic devices, visiting with others).

### Fences and Gates

Advocate for fences and locked gates at public pools, retention ponds or any body of water. Adults should be the only one with keys. 4-sided fencing at least 4-feet tall is recommended. The barrier should include a self-closing, and self-latching gate with a latch out of reach to children. Pool furniture should be away from the fence so it cannot be used as a step stool.

### Child Education

Teach children about the dangers of water, importance of life jackets and diving into shallow water. Teach even older children about the dangers of going into rivers or lakes without proper supervision or life jackets. Remind them about diving or jumping into bodies of water, especially if they can't see the bottom. Unsafe horseplay is not something that should be done in water.

### Frozen Water

Avoid ice on lakes, ponds, streams, and pools. It is difficult to know how thick or stable the ice may be. Falling through the ice could result in drowning, death, or other serious health complications such as hypothermia.

### Avoid Alcohol

Drinking alcohol around water can be a great risk. Intoxication can lead to impaired judgment, greater risk-taking behavior, lack of coordination, and impaired reaction time.

## EDUCATE YOURSELF CONT.

### Temperatures

Home hot water heaters should be set at 120° Fahrenheit. Parents and caregivers may also add anti-scald devices to make sure home hot water is safe for children.

### Toddler Safety

Keep the lids of toilet seats down around toddlers

### It's The Law

Indiana law states children under 13 years old must wear a US Coast Guard Approved Life Jacket while the boat is underway. Life jackets are not a replacement adult supervision.

### Swimming Lessons

Enroll your child and yourself in a swimming course. Swim lessons are critical to preventing drowning deaths..

### Rescue Education

Learn CPR and keep rescue equipment, phone and emergency numbers near all pools.

### Babysitters and Family

Educate anyone watching your children around water safety. Inspect their property and ask them about any potential for your child to be around water.



## MAKE A PLAN

We all love water, and it can bring a great deal of fun, but it can also bring tragedy. With simple planning we can help to ensure the safety of all.

[PCAIN.ORG](http://PCAIN.ORG)

## MORE ABOUT US

*Prevent Child Abuse Indiana is dedicated to preventing child abuse and neglect. In doing so, we make Indiana a safer, better place for our children.*



### INFO AND RESOURCES

For more prevention and parenting information, and resources, visit our website or call **1.800.CHILDREN** (1.800.244.5373)



### REPORT CHILD ABUSE

To report child abuse and neglect, please call **1.800.800.5556**



### SUPPORT OUR EFFORTS

Help support our statewide efforts to prevent child abuse and neglect by purchasing a Kids First License Plate. Visit your local BMV or [www.in.gov/dcs/2456.htm](http://www.in.gov/dcs/2456.htm) for more info.

**TOGETHER, PREVENTION IS POSSIBLE.**