

# Water Safety at Home



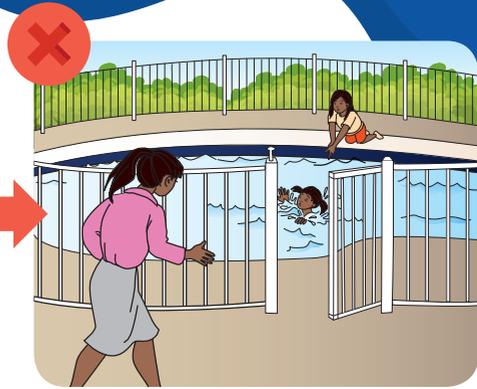
# Spending time around water is a big part of life in Australia

Here are some places you and your child may swim



- 💧 Swimming is usually a fun and safe activity, but in Australia many children drown each year.
- 💧 Children can drown in one minute and in very small amounts of water.
- 💧 You can keep your children safe around water by following this advice.

# Watch children around swimming pools



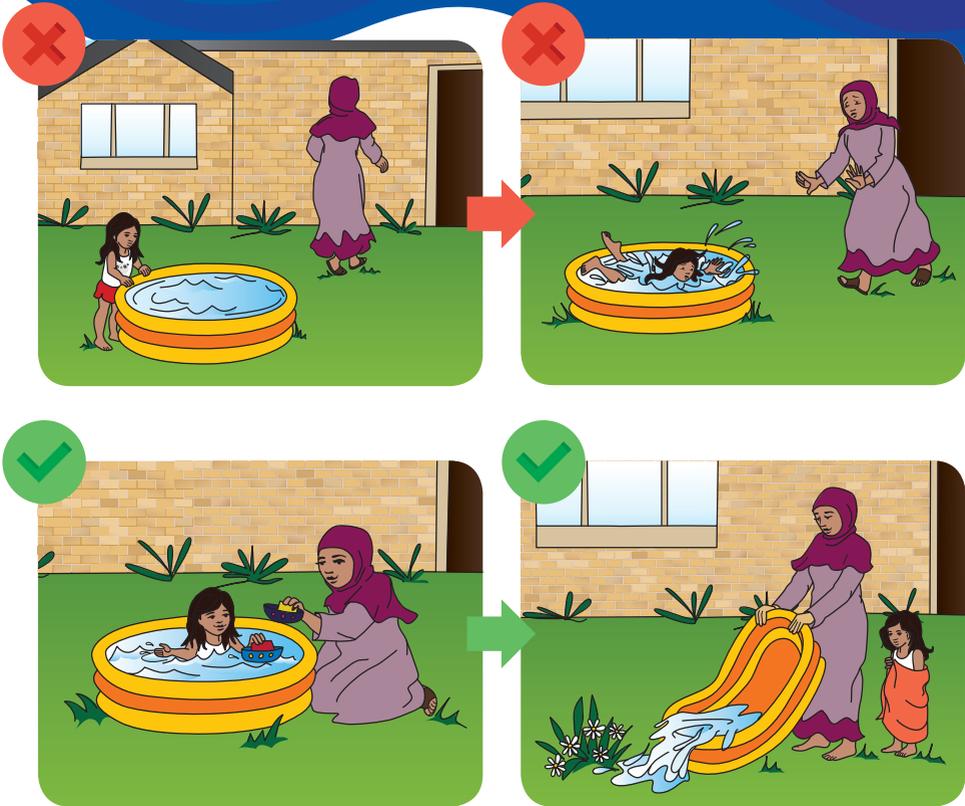
- 💧 Many homes in Australia have swimming pools.
- 💧 Do not let your child play in the pool if you are not watching.
- 💧 Always close the pool gate.

# Stop children from reaching water



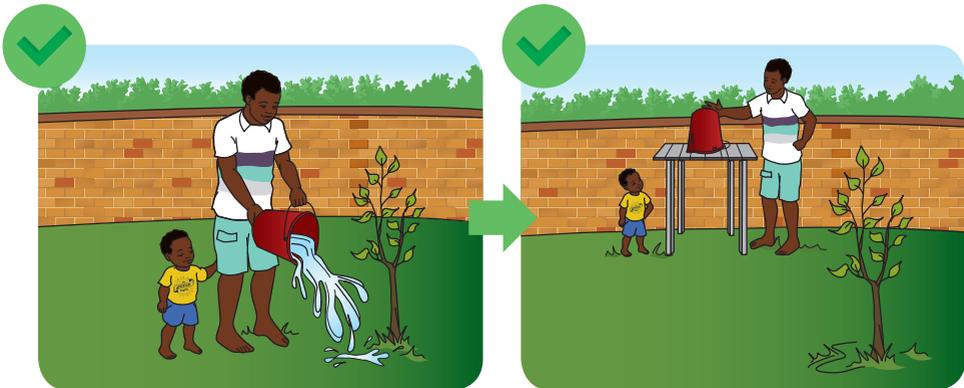
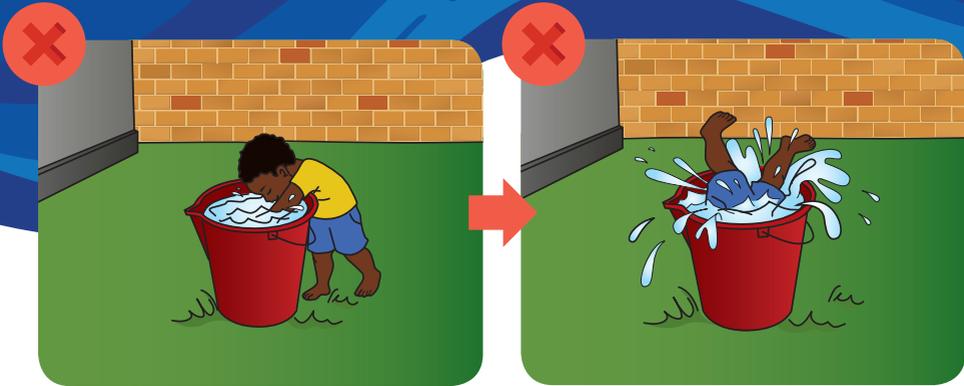
- 💧 Fence pools and always close the gate.
- 💧 Do not leave items near the fence that children could use to climb over the fence.

# Watch children around paddling pools



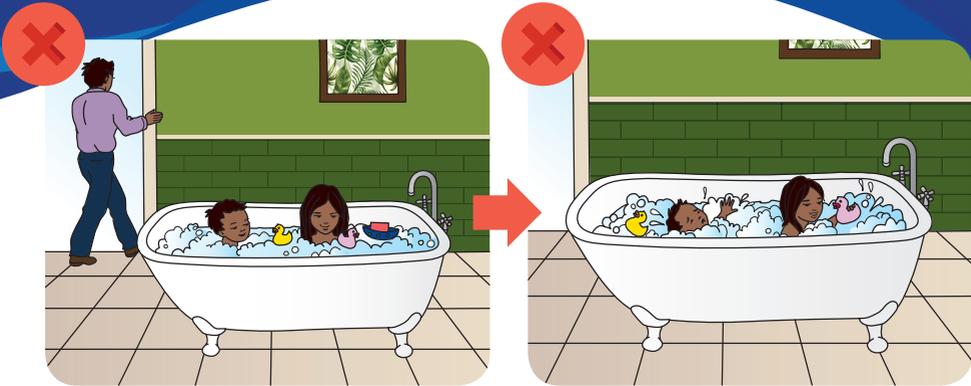
- Always watch children closely around small pools.
- Empty water from small pools when you are finished.

# Empty buckets after using them



- 💧 Never leave buckets where children can reach them.
- 💧 Empty buckets after you have used them.
- 💧 Store buckets upside down and out of reach of children.

# Watch children and babies around baths



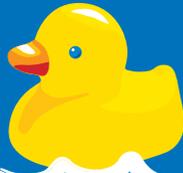
- 💧 Never leave a baby alone in the bath.
- 💧 Never leave older children to watch babies in the bath.
- 💧 Bath seats can be unsafe. Always watch children when using a bath seat.

# Everyone can be a life saver



## If someone has drowned

- 💧 Call 000 for help.
- 💧 If you cannot call for help ask a family member, neighbour or friend.
- 💧 Learn how to do cardiopulmonary resuscitation (CPR) and perform it in an emergency.



# KEEP WATCH



## PREVENT YOUR CHILD FROM DROWNING

### ANGER

#### CHECK FOR DANGER

TO SELF / TO BYSTANDERS / TO CASUALTY / REMOVE HAZARDS

### ESPONSE

#### CHECK FOR RESPONSE

CAN YOU HEAR ME / OPEN YOUR EYES / WHAT'S YOUR NAME / SQUEEZE MY HAND / PLEASE LET GO

### SEND

#### SEND FOR HELP

CALL OR ASK A BYSTANDER TO PHONE '000'

### AIRWAY

#### OPEN AIRWAY

CHECK AND CLEAR / POSITION CASUALTY ON BACK / SUPPORT HEAD, TILT SLIGHTLY, CHECK AND CLEAR MOUTH

### BREATHING

#### BREATHING NORMALLY?

YES PLACE IN RECOVERY POSITION / NO, COMMENCE CPR

### CPR

#### COMMENCE CPR / 30:2

GIVE 30 CHEST COMPRESSIONS FOLLOWED BY 2 RESCUE BREATHS

##### LOCATE COMPRESSION POINT

FIND CENTRE OF CHEST, PLACE HEEL OF HAND ON COMPRESSION POINT WITH FINGERS PARALLEL TO RIBS. PLACE OTHER HAND ON TOP.



##### CHEST COMPRESSIONS

COMPRESS TO APPROX. 1/3 OF CHEST DEPTH. 30 COMPRESSIONS AT A RATE OF 100/MINUTE.



##### RESCUE BREATHS

SUPPORT HEAD AND JAW. TILT HEAD SLIGHTLY TO OPEN THE AIRWAYS. DELIVER 2 BREATHS ALLOWING 1 SECOND PER INHALATION.



##### RECOVERY POSITION

IF NORMAL BREATHING RETURNS, POSITION CASUALTY ON SIDE. ENSURE THE AIRWAY REMAINS CLEAR.



IF UNWILLING / UNABLE TO PERFORM RESCUE BREATHS CONTINUE CHEST COMPRESSIONS

### DEFIBRILLATION

#### ATTACH DEFIBRILLATOR (AED) AS SOON AS AVAILABLE

FOLLOW PROMPTS / CONTINUE CPR UNTIL SIGNS OF NORMAL BREATHING AND RESPONSIVENESS RETURN

THE INFORMATION CONTAINED IN THIS MAGNET IS RECOMMENDED FOR WORKPLACE RELATED EMERGENCIES. IT IS NO SUBSTITUTE FOR FORMAL INSTRUCTION.

TO LEARN FIRST AID AND RESUSCITATION CALL 9383 8200



## SUPERVISE

ALWAYS KEEP WATCH OF YOUR CHILD IN  
ARM'S REACH WHEN AROUND WATER



## PREVENT

YOUR CHILD'S ACCESS TO WATER  
AT ALL TIMES



## LEARN

TEACH YOUR CHILD TO BE  
WATER CONFIDENT



## RESPOND

LEARN CPR AND CALL TRIPLE 000  
IN AN EMERGENCY

**Thank you to the followings organisations, where staff and parents provided valuable ideas and feedback for this book.**

- Koondoola Integrated Services Centre
- Child and Parent Centre – Roseworth
- Child and Parent Centre – Westminster
- Majella Catholic Primary School – Headstart program
- Women’s Health and Family Services
- Metropolitan Migrant Resource Centre
- Katanning Migrant Resource Centre
- Sudbury House Multicultural Leadership Group
- Communicare
- Ishar Multicultural Womens Health Centre



PREVENT YOUR CHILD FROM DROWNING

[www.royallifesavingwa.com.au](http://www.royallifesavingwa.com.au)

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**Royal Life Saving**  
THE ROYAL LIFE SAVING SOCIETY WESTERN AUSTRALIA, INC.

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