

BROOKLINE HEALTH DEPARTMENT

Water Safety Tips

Many people celebrate the summer season by swimming, boating, or spending time around pools and beaches. Drowning is the second leading cause of injury death among children and claims the lives of over 4,000 people every year. The following precautions are strongly recommended to prevent accidental injury or drowning:

- Always use approved personal flotation devices.
 - 85% of all boating related deaths are preventable through the use of life vests.
- Never consume alcohol immediately before or while swimming or operating a boat.
- Never let children swim or play in pool or beachfront areas unsupervised. Watch children at all times.
- Do not swim alone or in restricted or isolated areas or waters with strong or turbulent currents.
- Make sure that swimming pools are fenced in and check that fence gates are self-closing and latched and locked securely when not in use.
- Post emergency numbers and have a first-aid kit in the pool area. It is also recommended to have a telephone by the pool.
- Learn how to administer life-saving procedures, such as CPR (cardiopulmonary resuscitation).
- Consider enrolling yourself and your children in swimming lessons. However, lessons do not make your child "drown-proof."
- Massachusetts law requires public and semi-public pools to be permitted by the local health department. Complaints regarding health and safety issues should be directed to the local Health Department.