



# Back Door Reading from your Health Ministries



## Water Safety

Most hospitalizations due to water related injuries involve watercraft. Nearly 70% of those hospitalized are male and under 25.



About 90% of water related deaths are due to drowning. Far more males than females drown.

Blacks drown at nearly twice the rate of whites. The peak ages for drowning deaths are 15-24.

The best prevention against drowning is to learn to swim.

Enroll adults and children over age 3 in swimming classes.



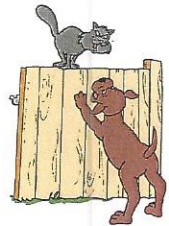
Never swim alone or in unsupervised areas. Teach children to always swim with a buddy.



Check water depth—it should be at least five feet—before diving or jumping.



If you own a pool, surround it with a fence with a self-closing and locking gate. Have a nearby phone. **Learn CPR.**



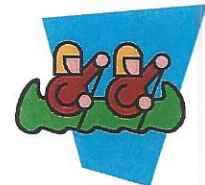
In open water, know the weather forecast, be alert for rip tides and other dangerous waves or currents.



Sign everyone up for a boating safety course. Use life jackets when boating.



Alcohol impairs your balance, your judgment, and your coordination. This makes it dangerous to drink on a boat.



Know and obey local laws and regulations governing use of personal watercraft.

