

# Water Safety



SETA's Wellness & Safety  
Awareness  
July 2020 Newsletter  
Volume 1/ Issue 7



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Swimming is a great exercise, as well as a fun way to spend time together as a family. There is nothing like spending an afternoon splashing around in the water and enjoying being together. Unfortunately, many people do not realize how dangerous swimming can be without preparation. Educating oneself about the importance of water safety can help save lives.

## Why is Water Safety So Important?

It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen. Death and injury from drownings happen every day in home pools and hot tubs, at the beach or in oceans, lakes, rivers and streams, bathtubs, and even buckets.

A graphic featuring a red and white life preserver floating in blue water. The words 'WATER SAFETY' are written in large, bold, blue and red letters at the bottom.

# Water Safety

## Water Statistics

- 74% of drowning incidents for children younger than 15 between 2015 and 2017 occurred in residential locations
- Boys younger than 15 die from drowning at twice the rate as girls
- 351 children younger than 15 died in pools and spas in 2015
- Emergency departments treat about 6,400 pool and spa injuries in children younger than 15 every year
- One out of every 5 drowning victims is a child
- Drowning is the number 2 leading cause of death for kids aged 5 to 14



### Swimmers should keep a few safety precautions in mind:

- Don't go in the water unless you know how to swim; swim lessons are available for all ages
- Never swim alone
- Learn CPR and rescue techniques
- Make sure the body of water matches your skill level; swimming in a pool is much different than swimming in a lake or river, where more strength is needed to handle currents
- If you do get caught in a current, don't try to fight it; stay calm and float with it, or swim parallel to the shore until you can swim free
- Swim in areas supervised by a lifeguard
- Don't dive in unfamiliar areas
- Never drink alcohol when swimming; alcohol is involved in about half of all male teen drownings



# Water Safety

## WATER SAFETY WORDSEARCH

R U J G B P Q N J J H S S T S F Z  
X U H B Z Y B A R H U V S N K W V  
P L L F Q X X Q P A R V O S A J B  
U I G N I R Y T E F A S V T P X W  
K F U K V G B D S C S E E B Z Q O  
K E V F Q B C G I E Q R X Z U H L  
F G L E U L Y W L X S N F O A O L  
L U A G U Y X G A A K I M V G Q A  
O A H D X C N T F T R Q E U F D H  
A R I T R I S E M S E F D W I P S  
T D P W M O T E T O U R T Z O B R  
R T W M R Y W A R N P M Y V S X V  
W R I Q U B I N D L O G P S E K G  
C W A Y D D U B N A R C W L Q S G  
S G Y I K T E K C A J E F I L Y D  
N O D I V I N G S T Q S V M G Q C  
Q D T Y D A X M A C I D E E P A A

**SAFETY RING**  
**RESCUE**  
**WATER SAFETY**  
**BUDDY**

**FIRST AID KIT**  
**SWIMMING LESSONS**  
**WATER**  
**DROWN**

**DEEP**  
**NO DIVING**  
**HAVE FUN**  
**LIFE GUARD**

**SHALLOW**  
**LIFE JACKET**  
**FLOAT**



SETA's Wellness and Safety Newsletter (2020)  
Prepared by the SETA Wellness Committee  
[www.seta.net/staff-resources/wellness-safety-awareness-program](http://www.seta.net/staff-resources/wellness-safety-awareness-program)  
Contact us: [wellness@seta.net](mailto:wellness@seta.net)

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