

The most common cause of death through injury to young children is drowning. Young children drown quickly and quietly and can drown in as little as a few centimetres of water. An adult should be within arm's reach whenever a child is in or near water.

## Outdoors

Pools and spas should be fully enclosed by a fence with a self-closing, self-latching gate that is never propped open. Fences should not provide footholds for children to climb.

Remove objects or plants that children could use to climb over and access the pool or spa area.

Use non-slip flooring around pools and spas and keep the area clear of toys and furniture that children can trip on.

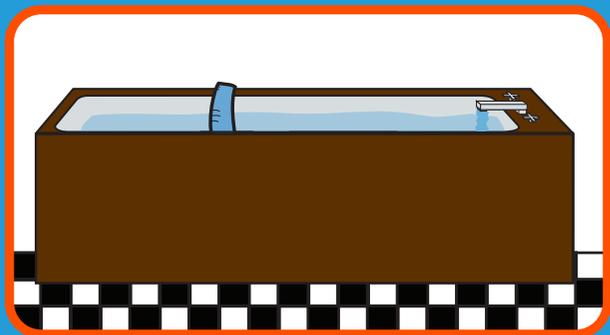
Store toys and pool equipment out of the pool. Put them away after use to stop children from falling in when trying to get them out of the pool or enclosure.

Fit strong wire mesh over water features and ponds to prevent children falling into the water.

Store containers such as eskies, buckets and portable pools upside down or on their side so they don't fill with water when it rains.

Keep a CPR chart within the pool area at all times.

Avoid putting barbeques and furniture in the pool or spa enclosure.



## Indoors

Keep the plug for sinks and baths up high and out of reach. This way if children turn on the tap they can't fill the bath or sink on their own. Also consider fitting child-resistant tap covers to prevent children turning the water on by themselves.

Empty baths, sinks, pots, buckets and other water containers as soon as you're finished with them. Keep wet nappy buckets and soaking buckets up high and choose buckets with a firm-fitting lid.

Keep the door or lid of the washing machine closed and consider fitting a child-resistant latch if one is not built in. Always check your washing machine for hiding children before turning it on.

Consider fitting a gate to the entrance of the laundry, bathroom and toilet or keep the door closed and fit a child-resistant latch or handle cover to the door.

## Supervision and Skills

Never leave children alone around water and make sure that an adult is within arm's reach at all times. If you must leave the area take children with you.

Establish rules for safe play around water. Older children and adults should model safe behaviour for young children.

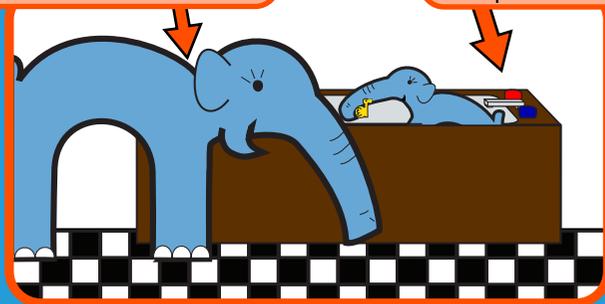
Consider learning first aid and CPR skills.

It is recommended that babies and children attend swimming lessons. This can start from as early as 3 to 6 months of age.

**REMEMBER:** Actively supervise young children around water means having an adult within arm's reach at all times.

Always actively supervise children in the bath

Fit child-resistant tap covers



## How Accidents can be Prevented

### STEP 1 – Spot the hazards

Use this brochure and other Kidsafe resources to help you spot hazards in your home.

### STEP 2 – Decide how to deal with the hazard.

When children are in or near water **always actively supervise** them within arms reach. When dealing with other hazards, otherwise:

1. **Removing the hazard** is the best option where possible (i.e. put the bath plug up high and out of reach)
2. **Guard against the hazard** by installing and using gates and barriers (i.e. put a safety gate at the laundry entrance)
3. **Lock or block the hazard** by using safety products to restrict or remove access to the hazards (i.e. tap covers to prevent taps accidentally being turned on by children)
4. **Actively supervise within arms reach** when there are hazards you are unable to remove, guard or block against (i.e. when visiting other peoples houses)

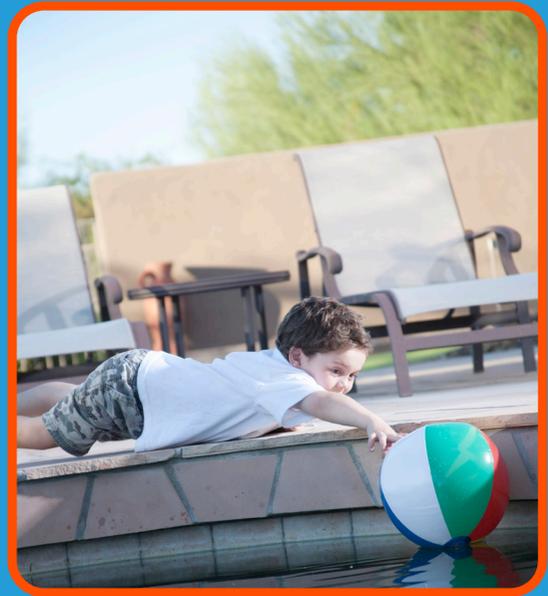
Never depend on telling children not to do something.

### STEP 3 – Make the changes

Once you have decided how to deal with the hazard, do it straight away. You will feel more relaxed and children will be able to play more safely.

Combine any barriers you put in place with adult supervision and education.

# Drowning



## For more information

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