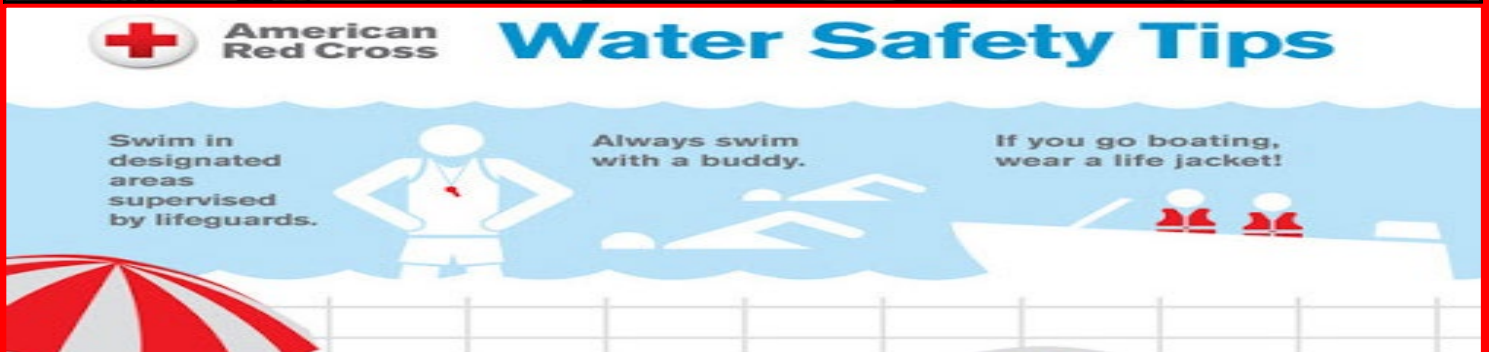


# MCLB ALBANY SAFETYGRAM

## Steps To Stay Safe Around Water

Swimming is the most popular summer activity, but drowning remains a major public health concern that affects many people.



### Why Water Safety Matters

- Drowning is the **number 1 cause of death for children ages 1 to 4**
- **Eleven people die from drowning each day.**
- Drowning is the **second leading cause of unintentional injury or death for children ages 5 to 14.**
- **Eight in ten** drowning victims are **male.**
- **Swim in safe areas only.** Swim in places that are supervised by a lifeguard.
- **Swim parallel to shore.** If caught in a rip current, don't panic and don't fight the current.
- **Be careful about diving.** Diving can cause head injury and sometimes even death.
- **Drink plenty of liquids.** It's easy to get dehydrated in the sun particularly if you're active and sweating.
- **Alcohol and water never mix.** Alcohol is involved in up to half of all water-related deaths.

### Drowning is Preventable

- Never leave your child alone, if you must leave, take your child with you.
- Find age-appropriate swim lessons for your child, lessons do not make your child "drown-proof".
- Never leave your child alone in or around a bathtub, toilet, or bucket of water.
- Never swim alone.
- Don't go in water unless you know how to swim.

For more information click on the following:

<https://www.nsc.org/community-safety/safety-topics/seasonal-safety/drowning>



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