

## What to do in an Emergency



- Search the pool, spa and bath tub first if a child is missing.
- If someone is drowning, stay calm and react quickly.
- Always keep a portable telephone by the pool or spa.
- Teach your children how to dial 911 in an emergency, and post the number by the pool area.
- Do not jump in the water. Even trained lifeguards try other methods before going into the water to rescue someone.
- If the drowning victim is within throwing distance, toss them an object that is floatable or a flotation device. (For example: life jacket, life buoy, kick board).
- Be careful not to hit them with the object.
- If the person is within reach, extend something long such as a pole of shepherd's hook or tree branch. Remember to watch your balance. You don't want to fall into the water.
- If the drowning victim is within reach, and you must pull them to safety, hold onto something and don't lean forward. Sometimes crouching low will lower your center of gravity and reduce the chances of losing your balance.
- If you must go into the water, get a flotation device and keep it between you and the victim. Drowning victims are very frightened and may not act rationally. Their bodies are full of adrenaline, which can make them aggressive and very strong.
- If the victim has had a diving accident or you suspect a head injury, proceed to resuscitate but, to prevent further injury, don't move their head and neck.
- If the drowning victim is not breathing, start CPR. Everyone should learn cardiopulmonary resuscitation (CPR) and First Aid. All teenagers should learn CPR.
- Be sure to watch for the emergency personnel and have someone direct them to the drowning victim.