

This newsletter is designed to raise awareness of the work of the Stoke-on-Trent and Staffordshire Child Death Overview Panel (CDOP) and to bring news on our ongoing campaigns

# Drowning Prevention

**Tragically, we have reviewed the deaths of a number of Staffordshire children who have died as a result of drowning at home.**

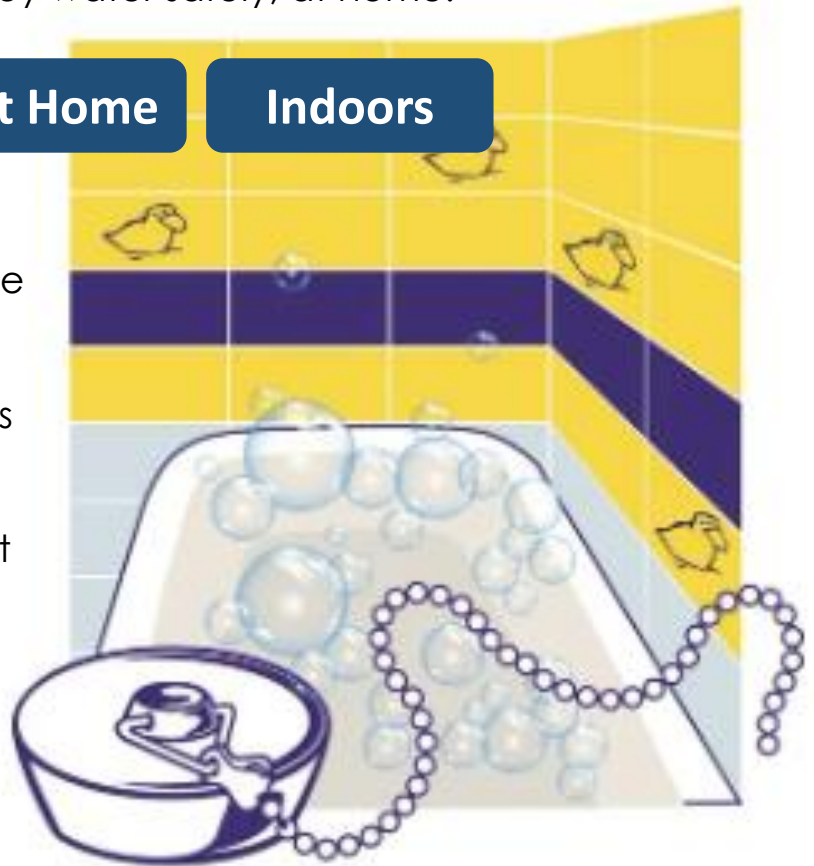
Children need to be supervised in and around water. They might understand instructions but are likely to forget if they are having fun or are excited.

Drownings around the home are easily preventable. The Royal Life Saving Society have created these easy-to-follow tips to make sure that you and your loved ones can enjoy water safely, at home.

## Tips for Water Safety at Home

### Indoors

- Always supervise bath time (never leave children unattended)
- Empty the bath as soon as possible after use
- Close toilet lids and use toilet seat locks to prevent drowning
- Keep doors to bathrooms and utility rooms closed
- Vulnerable adults and children who suffer from sudden seizures should consider using showers rather than baths



**Did you know that children can drown in as little as 2cm of water?**

**!Never Leave children unattended near water!**



## In the garden

- Watch children when they are in or around water, without being distracted.
- Keep young children within arm's reach.
- Securely cover all water storage tanks and drains.
- Empty paddling pools, containers, buckets and watering cans, as soon as they have been used and turn them upside down.
- Securely cover all hot tubs as soon as possible after use.
- Make sure older children are accompanied every time when they swim or use hot tubs.
- If you have a pond always supervise closely, fence it or fill it in !
- Always turn hosepipes off at the tap, so children cannot fill vessels themselves.

## Swimming pools and water safety on holiday

- Check the safety arrangements of any water-based activities whilst you and your family are away, and if there is lifeguard cover at the pool/beach.
- Ask where the safest places to swim are and when the tide will be high.
- Never let your young children out of your reach – supervision is the key to preventing serious accidents.
- Swim with any children in your care – it's more fun, you can help them build confidence and keep them close and safe.
- Never enter the water after drinking alcohol.
- Inflatable dinghies or lilos are a well-known hazard –Do not use them in open water.
- Do not swim near to or dive from rocks, piers, breakwater.
- Swim parallel to the beach and close to the shore.
- Follow the pool rules and constantly supervise children in a swimming pool.
- Be careful when children visit gardens or parks that have open water.

**Young people can be drawn to open water - weirs, quarries and canals are not safe places to 'hang out', swim or play. Don't take risks around water.**



**!Never Leave children unattended near water!**