



Topic: Safe Water Rescues

Almost everyone knows of a person who died while attempting to rescue a drowning child or adult.

- ✚ The first rule in performing a water rescue is: **Don't put yourself in danger of drowning as well.**
- ✚ If the emergency is at poolside, first have someone call for emergency help. Then, lean over the edge of the pool and extend your hand. If you cannot reach the victim, extend a towel or a flotation device. As a last resort, get into the pool, hold onto the side with one hand, and offer the other hand or a flotation device to the victim.
- ✚ If you attempt a rescue in open waters, take a life preserver or other flotation device for you both to hold on to.
- ✚ When out of the water, seek a doctor's care if the victims show signs of nausea, vomiting, coughing (in which case, turn them on their sides), or listlessness.
- ✚ Unconscious victims should be treated with rescue breathing or CPR while waiting for help.
- ✚ If you own a pool, keep rescue equipment like poles, ropes and flotation devices close at hand, says the National Safety Council.
- ✚ Paint numbers outside and inside the pool to show various depths. Never allow anyone to swim alone. Remove steps from elevated pools when not in use.

