

DROWNING IS SILENT

SIGNS OF DISTRESS



**HEAD
TILTED
BACK**

**HAIR
OVER
FOREHEAD**

**BODY
IS
VERTICAL**

**CAN'T
CALL FOR
HELP**

**CAN'T
WAVE
FOR HELP**

**"CLIMBING
LADDER"
MOTION**

Drowning is the leading cause of death for 1-4 year olds in Oklahoma.



Drowning is silent and happens faster than answering the telephone or reading a text message.

WHAT CAN YOU DO?

1

SWIM SKILLS

Teach children to swim at an early age.



2

INSTALL ALARMS

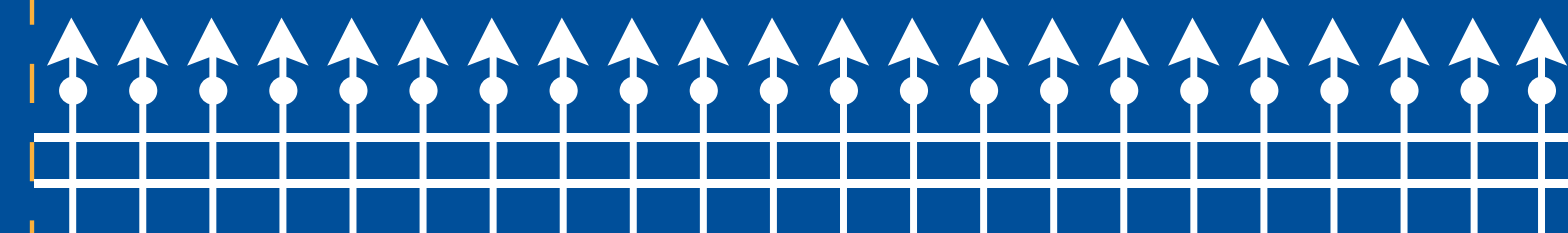
Install alarms on house doors and windows and around pool area.



3

LAYERS OF PROTECTION

Use self-closing, self-latching gates and follow the rule of 4 for pool fences: Fencing on all 4 sides, at least 4 feet high, with gaps no bigger than 4 inches wide.



4

WITHOUT DISTRACTIONS

Adults should supervise without distractions when children are in or near any water, including bathtubs, buckets, toilets, ponds, spas, and pools.



5

NEVER ALONE

Never leave a child alone near water. Check the pool first if a child is missing.



6

ARM'S REACH

Select an adult to stay within arm's reach of the child.

