



Home Swimming Pool Safety

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

- ☀ If you like to play in or on water, there is one golden rule: Learn to swim. The American Red Cross offers swimming classes for all ages and all levels of ability.
- ☀ Keep a phone handy and by the pool. You may need to call 9-1-1.
- ☀ Learn CPR. As a general rule, babysitters and anyone who cares for children ought to know CPR, as well. A poster showing CPR instructions is a handy reference.
- ☀ Fence the pool (consult your local building codes). Don't leave furniture near the fence that kids could use to climb over the fence.
- ☀ Keep some basic lifesaving equipment—such as a pole, rope, or life rings—by the pool and know how to use it.
- ☀ If you have a pool cover, always remove it before swimming.
- ☀ Make sure that adults know exactly how many kids are at the pool, and that one adult is always "on duty" watching them. As soon as a child isn't visible, check the water and the bottom of the pool first.

www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx



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