



Water Fun – The Safe Way

As the weather starts heating up, it is important to make sure you stay cool and safe. Swimming is a very popular way to beat the heat and stay cool, but safety should come first with yourself and or children. Drowning ranks fifth among the leading causes of unintentional injury death in the United States. Every day, about ten people die from unintentional drowning. Of these, two are children aged 14 or younger, according to CDC. So, it is important for both children and adults to take caution while enjoying cooling down in lakes and pools. Here are several quick tips to remember before cooling off.

Pool Safety

- Active supervision at all times
- Never swim in a pool that you cannot see the bottom
- Check chemicals before swimming
- Make sure weak swimmers use a U.S Coast Guard approved PFD (personal floatation device), do not rely on toys
- Having proper equipment for quick use: phone, first aid kit, reachable device, throwing device
- Do not consume alcoholic beverages while in the water

Waterfront Safety

- Check information boards for lifeguards on duty, bacteria levels, swimmers itch
- Standard swimming temperature should be above 70 degrees
- Always swim with a buddy
- Do not swim at night
- Stay alert for any signals that bad weather may be approaching
- Stay in the roped off areas
- Do not consume alcoholic beverages while in the water

For safety education for your employees, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or Sharon.Rateike@forthc.com.

