

# Water Safety

## Lifejackets/Personal Flotation Device (PFD)

- Inexperienced, weak, or non-swimmers should always wear a lifejacket when near or in the water

## Supervision

- Never swim alone
- Do not leave children unattended and keep them within arms reach

## Water and Weather Conditions

- Avoid swimming in extremely cold water
- Check the weather before you go swimming. Do not swim in large waves or when it is storming
- Never dive in shallow water or if the depth is unknown
- Avoid swimming for 48 hours after a significant rainfall, in high winds or if the water is not clear

## Safe Boating and Fishing

- Always wear a life jacket when boating
- Have safety equipment on board and follow the Canadian boating regulations
- Do not boat when under the influence of drugs or alcohol
- Dress for the weather and water temperature by wearing layers or wool under your PFD

## Help (call 911)

- Carry a phone and call 911 in the case of an emergency

## Education and Preparedness

- Consider taking CPR, first aid, swimming lessons or a Swim to Survive program



**92** people in Ontario drowned from unintentional water-related injuries in 2015<sup>1</sup>



20-24 year olds and those over 55 have the highest drowning death rates<sup>1</sup>



**46%** of drownings in Ontario happen in lakes<sup>1</sup>



**90%** of boating related drownings could be prevented if lifejackets are worn<sup>2</sup>

### Sources

1. Lifesaving society (2016). [http://www.lifesavingsociety.com/media/239937/ontario\\_dr\\_2016\\_web.pdf](http://www.lifesavingsociety.com/media/239937/ontario_dr_2016_web.pdf)
2. Redcross (2016). <http://www.redcross.ca/training-and-certification/swimming-and-water-safety-tips-and-resources/swimming-boating-and-water-safety-tips/hypothermia-and-cold-water>

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visit [publichealthgreybruce.on.ca](http://publichealthgreybruce.on.ca)  
or call Phone: 519-376-9420

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