

# Swimming Pool and Drowning Accidents

Information and Preventive Steps

# Epidemiology of Drowning

A. 3960 drowning deaths in the USA every year

Pools, Open recreational waters, fitness clubs

B. Effects of non-fatal submersion can lead to brain damage in 4 minutes.

C. Children 5 and below accounted for 80% of pool and spa related ER visits in 2019.

# Epidemiology of Drowning

## A. Who is at risk?

1. Children under age 15
2. Family Gatherings carries and increased risk
3. African Americans have an overall 1.5 times risk
4. Native American and Alaskan American have 3x the risk
5. African American children age 10-14 have 7x the risk of Caucasian children.
6. Overall, 80% of victims are male



# Epidemiology of Drowning: Risk Identification

- A. Unsupervised Pools!
- B. Unfamiliar with the water: Tourists
- C. Inadequately maintained facilities
- D. Lack of fencing!

# Drownings

## A. Where do they occur?

1. 74% occur in residential areas vs commercial areas
2. Children ages 1-2 are most affected by this
  - a. Unattended
  - b. Improperly fenced off

# Drownings

## A. Causes

A. Hair or limb entrapment

B. Mechanical entrapment

C. Inability to swim

D. Fencing: lack thereof

E. Lack of appropriate supervision

A. 10/20 rule – scan the pool every 10 seconds and be no more than 20 seconds from the water

B. Adult not supervising

C. Never Swim alone!

# Drowning

## A. Causes: continued

A. Not wearing appropriate life jackets or floatation devices

B. Alcohol and drug use

A. Accounts for 1 in 5 boating deaths

B. No alcohol when supervising children! Remember family gatherings have risk!

C. I contacted the local swim club to get a life guard!

# Drowning and Other Injuries

## + Diving and Jumping

- + Diving or jumping into the shallow end of pool

  - + Spinal injuries of cervical and lumbar spine – devastating

  - + Head injuries – devastating

  - + Less severe sprains and strains

## + Slip and Falls

- + Big cause? Running! (why we need adult supervision!)

- + Falls due to wet surfaces: Broken bones, Bruises, Head Injuries, Scrapes

- + Chemicals: Injuries D/T inappropriate use of pool chemicals