



Grandparents Corner

July 2015

Pool Safety

While drowning is a risk for every age group, National Safety Council statistics point to drowning as the number one cause of death for children ages one to four. Deaths in this age group are mostly due to a child falling into a pool or being left alone in the bathtub.

Most parents think water safety is first and foremost on their minds whenever they are enjoying summer activities with their kids. But when the unthinkable happens and a child drowns, parents and caregivers have been known to say, "I only looked away for a second."

Distractions Make for Tragedies - Parents are cautioned all the time about water safety, but drownings still occur. Always be aware and in the present moment with your children. The following are a few water safety precautions:

- Never leave your child alone; if you have to leave, take your child with you.
- Enroll children three (3) and older in swimming lessons, but remember that lessons don't make your child "drown-proof."
- Lifeguards aren't babysitters; always keep your eyes on your child.
- Don't let children play around drains and suction fittings.
- Never consume alcohol when operating a boat, and always make sure everyone is wearing approved life jackets.
- Don't underestimate the power of water; even rivers and lakes can have undertows.
- Always have a first aid kit and emergency contacts handy.
- Have CPR training.
- If a child is missing, check the water first.

The following rules apply to all swimmers:

- Never swim alone
- Don't dive into unknown bodies of water
- Don't push or jump on others
- Be prepared for an emergency

Every pool, every lake, and every warm summer day holds the possibility of new, fun summer experiences. All you need to add is your undivided attention.

Source: National Safety Council - www.nsc.org

An older person is at greater risk of heat exhaustion, which can lead to heat stroke, because the aging body is less able to cool itself. Some medications and heart disease can increase the likelihood of heat stroke. Also, an elderly person may not feel the heat as much as a young person would. Read the issue and answer True or False to the questions below.

1. The risk of developing heat-related illness increases with the heat index, which is a combination of air temperature and relative humidity. T F
2. Sedentary people are not at risk of a heat-related illnesses and death. T F
3. Heat illness or hyperthermia occurs when there is an unusual increase in core body temperature. T F
4. It is extremely important to recognize early symptoms of heat exhaustion. T F
5. Dehydration and the use of certain medications increase the risk of heat-related illnesses. T F
6. Heat stroke is the most serious heat-related illness. T F
7. Heat stroke is a life-threatening emergency. T F
8. If the heat stroke victim is conscious and able to swallow, give them cool water or other non-alcoholic drinks or decaffeinated beverages. T F
9. People with Alzheimer's forget to drink and may not be able to communicate their needs. T F
10. Muscle cramps are never a sign of heat exhaustion. T F

KEY: 1. T 2. F 3. T 4. T 5. T 6. T 7. T 8. T 9. T 10. F