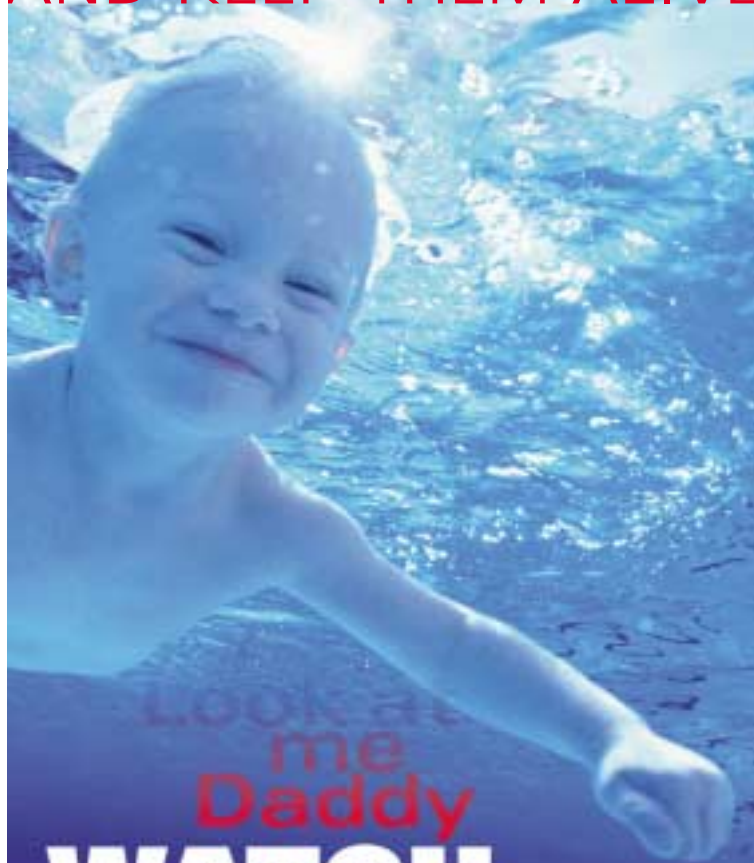


KEEP WATCH
AND KEEP THEM ALIVE



LOOK AT
me
Daddy
WATCH
ME
MUMMY



**Royal
Life Saving**
THE ROYAL LIFE SAVING SOCIETY AUSTRALIA



Proudly supported by



Parent Water Safety Cassette

The Royal Life Saving Society Australia and Pfizer are working together to save young lives.

The Keep Watch Parent Water Safety Cassette has been produced to educate parents and carers of young children.



The Royal Life Saving Society Australia

Never take your eyes off...

...prevent your child from drowning.

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Did You Know?

In Australia, the number one cause of accidental death in children under the age of five is drowning. In fact, on average one child dies each week as a result of preventable drowning.

For each child that drowns there are at least three near drownings.

Whenever children are in or around the water, remember to always keep watch. Keep watch and keep them alive.



Western Australia
PO Box 28 Floreat Forum
WA 6014

Telephone:
(08) 9383 9988

Facsimile:
(08) 9383 9922

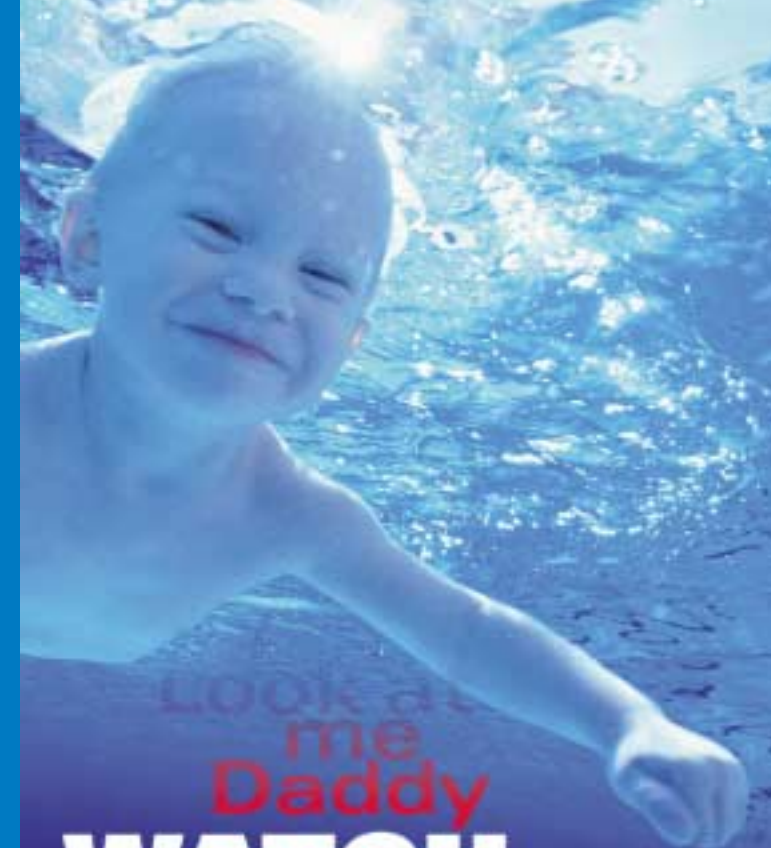
Email: wa@rlssa.org.au
Internet: rlssa.org.au/wa



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Supervise Your Child

Tragically, many drownings happen in the few seconds that parents are distracted. Supervision means your child is being continually watched by you or an appropriate adult.

Supervision should be constant, not the occasional glance whilst you read a book or relax. Regardless of what you are doing,

Fence Your Pool

Statistics show half of the children under the age of five that drown, do so in private swimming pools or spas.

Does your pool have isolation fencing with a secure magnetic self-latching gate? Pool fencing is law in most states.

If you have a pool, you should check to see that your fence

Familiarise Your Child With Water

Water familiarisation classes build confidence and introduce children to basic water safety. Your child can start classes as early as six months.

The Aquastart video provides an ideal reference source and should be used as a starting point for water familiarisation activities in your home.

Watch me Mummy
Look at me Daddy

WATCH ME
MUMMY

LOOK at me Mummy
Watch me Daddy



KEEP WATCH AND KEEP THEM ALIVE

always keep watch when children are in or around the water.

Take your child with you whenever you leave the swimming pool or bathtub. Never under any circumstances leave them alone!

Create a checklist.

1. Is your child being supervised?
2. Have you emptied the bathtub?
3. Is the lid on the nappy bucket?
4. Can your child gain access to the pool or spa?
5. Have you checked for other water dangers such as open drains, garden ponds, creeks or dams?

meets the Australian Standard AS1926.1. Ensure the gate self closes and latches from any position. Never under any circumstances leave the pool gate propped open.

Check to see there is nothing leaning against the fence that would help a child climb over and gain access.

Rural Properties

30% of toddler drownings occur in lakes, rivers and dams. You can restrict your child's access to these dangers by creating a "Child Safe Area" in and around your home. Remember dams are dangerous!

Water familiarisation is no substitute for adult supervision. Remember, always keep watch when children are in or around water.

Learn Resuscitation

A child's life may be saved if the parents or carers have the proper knowledge and skills to rescue and resuscitate quickly and confidently.

Royal Life Saving conducts resuscitation courses and also sells resuscitation posters. These posters should be openly displayed in a prominent position by your pool.

For course details, resuscitation poster and Aquastart video sales, please contact the Royal Life Saving Society branch in your state.