



MCIWEST-MCB CAMP PENDLETON



2015 Critical Days of Summer Newsletter

Week 3: 14 June-20 June

Swimming Safety



With summer here, more people spend time outdoors and in and around the water (nsc.org, 2015). Water safety should be practiced with adults, and children (nsc.org, 2015). According to an American Red Cross survey only 56% of adults who say they can swim are able to perform five critical water-safety skills that could save their lives (nsc.org, 2015). But there are ways to be safe, whether you're at the lake, the beach, or on a boat (cdc.gov, 2015). Before entering the water, learn or practice these skills:

- Floating or treading water for one minute without a flotation device
- Stepping or jumping into water over your head and returning to the surface
- Treading water or floating in a full circle and then finding a way out of the water
- Exiting a pool without using a ladder
- Swimming 25 yards without stopping

Pool Safety

The American Red Cross suggests owners make pool safety their priority by following these guidelines:

- Secure your pool with appropriate barriers. Completely surround your pool with a 4-foot high fence or barrier with a self-closing, self-latching gate. Place a safety cover on the pool or hot tub when not in use and remove any ladders or steps used for access. Consider installing a pool alarm that goes off if anyone enters the pool.
- Keep children under active supervision at all times. Stay in arm's reach of young kids. Designate a responsible person to watch the water when people are in the pool—never allow anyone to swim alone. Have young or inexperienced swimmers wear a U.S. Coast Guard-approved life jacket.
- Ensure everyone in the home knows how to swim well by enrolling



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them in age-appropriate water orientation and learn-to-swim courses from the Red Cross.

- Keep your pool or hot tub water clean and clear. Maintain proper chemical levels, circulation and filtration. Regularly test and adjust the chemical levels to minimize the risk of earaches, rashes or more serious diseases.
- Establish and enforce rules and safe behaviors, such as “no diving,” “stay away from drain covers,” “swim with a buddy” and “walk please.”
- Ensure everyone in the home knows how to respond to aquatic emergencies by having appropriate safety equipment and taking water safety, first aid and CPR courses from the Red Cross.

Beach Safety

Swimming in the ocean takes different skills, so before you get your feet wet, it’s best to learn how to swim in the surf. You should also swim only at a lifeguard-protected beach, within the designated swimming area. Obey all instructions and orders from lifeguards.

While you’re enjoying the water, keep alert and check the local weather conditions. Make sure you swim sober and that you never swim alone. And even if you’re confident in your swimming skills, make sure you have enough energy to swim back to shore.



Other beach safety tips to keep in mind from the American Red Cross:

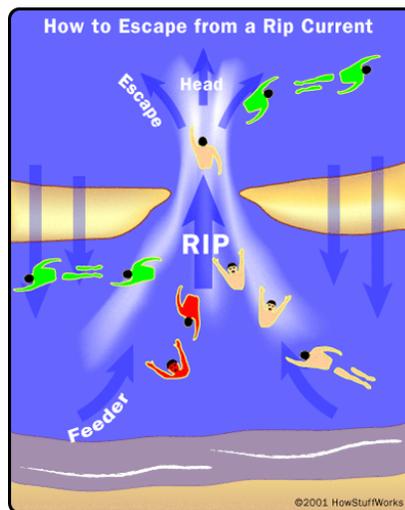
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets in and the around water. No one should use any other type of floatation device unless they are able to swim.
- Don’t dive headfirst—protect your neck. Check for depth and obstructions before diving, and go in feet first the first time.
- Pay especially close attention to children and elderly persons when at the beach. Even in shallow water, wave action can cause a loss of footing.
- Keep a lookout for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants. Leave animals alone.

Rip Currents

Rip currents are powerful, narrow channels of water moving in the offshore direction. They can occur along any coastline with breaking waves, but are prevalent along most U.S. coastlines. A rip current pulls swimmers away from the shore into deeper water at speeds of up to 8 feet per second (cdc.gov, 2015). They can sweep even the strongest swimmer out to sea, and thus are dangerous to all swimmers.

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Rip Current



Safety Tips

(Courtesy of the Naval Safety Center, 2015)

- If you like to play in or on water, there is one golden rule: Learn to swim. The American Red Cross offers swimming classes for all ages and all levels of ability.
- Keep a phone handy and by the pool. You may need to call 9-1-1.
- Learn CPR. As a general rule, babysitters and anyone who cares for children ought to know CPR, as well. A poster showing CPR instructions is a handy reference.
- Fence the pool (consult your local building codes). Don't leave furniture near the fence that kids could use to climb over the fence.
- Keep some basic lifesaving equipment—such as a pole, rope, or lives rings—by the pool and know how to use it.
- Make sure that adults know exactly how many kids are at the pool, and that one adult is always "on duty" watching them. As soon as a child isn't visible, check the water and the bottom of the pool first.

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Statistics

- Drowning is the leading cause of death in children ages 1 to 4 and is the second leading cause of death for children 5-14 (Injury Facts, 2015)
- Most drowning and near-drowning incidents happen when a child falls into a pool or is left alone in the bathtub (Injury Facts, 2015)
- Rip currents account for over 80% of rescues performed by surf beach lifeguards (cdc.gov).
- The United States Lifesaving Association estimates that more than 100 people die each year due to rip currents on our nation's beaches (cdc.gov)



Upcoming Training

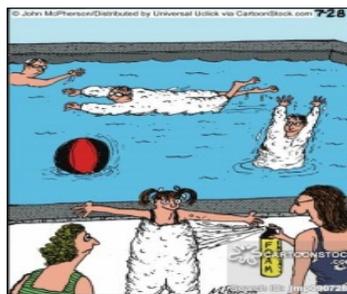
(Please call Base Safety for more information, and to verify class prerequisites)

- Quarterly Safety Committee: June 30
- Ground Safety for Marines Course: 27 July-7 August
- Fire Protection and Life Safety: 18-21 August
- CPR (upon request)
- 10 and 30 hour OSHA class (upon request)
- Attitudinal Dynamics of Driving (Remedial Driving): Every other Friday

Workplace Humor

Quench the thirst – safety first

Picture of the Week



"They're a lot safer when they have this foam insulation on, plus they love being able to float like corks!"

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 Check us out on Facebook

<https://www.facebook.com/Cpenbasesafety>

[Click on these links for more tips.](#)

<http://safetycenter.navy.mil/>

<http://www.nsc.org/learn/safety-knowledge/Pages/safety-at-home-drowning.aspx>

<http://www.cdc.gov/features/dsdrowningrisks/>

<http://www.redcross.org/prepare/disaster/water-safety/home-pool-safety>



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