

# Oakland County Sheriffs Office



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## Drowning is not an accident it is PREVENTABLE ...

### Facts:

- Drownings are the 3<sup>rd</sup> leading cause of accidental deaths in the United States. Behind automobiles and falls.
- Drowning is the 2<sup>nd</sup> leading cause of accidental death in people ages 11-44.
- 90% of all boating fatalities are due to drowning.
- 70% of people whose boats have capsized or people who fall over board drown.
- 85% of people whose boats capsized or those who fall over board and drown have PFD's in their boat but are not wearing them.
- Drowning is the second leading cause of injury-related death among children under the age of 15.
- It takes only 20-60 seconds for struggling victim to drown.
- Most drownings occur 10-15 ft. from safety.
- In 2004, there were 3,984 drownings in the United States.
- In 2005, there were 97 drownings in the State of Michigan alone.
- In 2006, 16 of those drownings were in Oakland County

Wear your  
life jacket.  
It floats, you  
don't!



### Myths:

- **MYTH:** People who are drowning can call and wave for help.
  - **FACT:** Drowning is suffocation in the water. Drowning victims resort to a instinctive drowning response which includes:
    - 1) Inability to call or wave for help- the respiratory system was designed for breathing, speech is a secondary function. A drowning person is not getting enough air to breath; therefore they don't have enough air to call for help.
    - 2) Arms tend to extend laterally- appears that they are playing in the water.
    - 3) Struggle briefly for 20-60 seconds before submerging.
- **MYTH:** Most drownings are swimming related.
  - **FACT:** 63% of all people who drown never intended to be in the water.
- **MYTH:** When consuming alcohol at the beach or pool a person can sober up by going into the water.
  - **FACT:** Going into the water will not "sober up" a person. Effects of alcohol are magnified on the water due to the combination of sun exposure, heat, and physical activities. Mixing alcohol with boating and water sports impairs judgment and increases your chance of being in an accident or a fatal drowning.

### Non- Swimming rescue techniques

- Throw assist
- Extension assist
- Wading assist

### Water Safety Rules

- Learn how to swim.
- Never swim alone.
- Only swim in areas supervised by trained lifeguards.
- Always supervise young children within a few feet.
- Do not dive headfirst into any body of water.
- Avoid the use of alcohol during all water activities.

Throw object under the victims arms so that the victim's arms can come down on top of the object.



No Diving