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# KEEP WATCH

**0-12 MONTHS**  
PREVENT YOUR CHILD FROM DROWNING

Prevent drowning of 0-12 month olds:

**ACTIVELY SUPERVISE**

**BE PREPARED**

**MAINTAIN PHYSICAL CONTACT**

**ALL OF YOUR ATTENTION,  
ALL OF THE TIME**

EVERYONE CAN BE A LIFESAVER



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





**Every month 1 child between the ages of 0 and 12 months drowns in Australia. Three quarters of these drowning deaths occur around the home, in bathtubs, backyard swimming pools, buckets and eskies.**

Bath time poses one of the highest risks of drowning for infants with 35 children drowning in bathtubs and spa baths in the past nine years. A lack of adequate adult supervision is the main cause of drowning deaths in this life stage.

**ACTIONS TO PREVENT YOUR CHILD 0-12 MONTHS FROM DROWNING INCLUDE: (✓)**

- Always actively supervise children around water
- Ensure you have everything needed for bathing before entering the bathroom e.g. towels, clothes
- Bath water should be kept to a minimum depth
- Children are not to be left alone or in the care of an older child while in the bath or around water
- Supervising adult should always maintain physical contact with children in or around water
- Learn CPR. Enrol in a course or update your skills
- Create a safe play area to restrict a child's access to water around the home
- Empty buckets and containers that can hold water

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**KEEP WATCH**



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**For more information visit  
[www.keepwatch.com.au](http://www.keepwatch.com.au)**