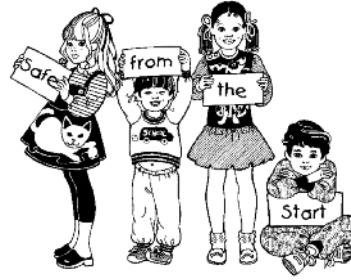


- To work best, PFD's must be worn with all straps, zippers and ties fastened. Tuck any loose strap ends in to avoid getting hung up.

## Hypothermia

- Hypothermia is a condition in which a body loses heat faster than it can produce it. Hypothermia results from exposure to wind, cold and wetness.
- A person entering cold water often times gasps for air due to a cold water shock reflex. This may cause them to inhale water into the lungs.
- When a person becomes hypothermic, normal body function is not attainable. Activities that you may be able to perform regularly are not as easy or you may not be able to do it at all (i.e. swimming, treading water).
- PFD's assist with preventing hypothermia as your body is allowed to float without using up excess energy. They also protect part of your body from the cold water.



For more information contact  
**Safe Kids Grand Forks**

c/o Altru Health System  
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 Grand Forks, ND 58206-6002

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[www.safekidsgf.com](http://www.safekidsgf.com)  
 or  
[www.safekids.org](http://www.safekids.org)



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Preventing injuries:  
 at home,  
 at school,  
 at play,  
 and on the way.

## Water Safety Open Water Boating

## We Believe

Every kid has the right to grow up safe, healthy and free from injury.



## Deaths and Injuries

Drowning is the second leading cause of accidental injury-related death to children ages 14 and under, taking nearly 1,000 lives each year.

Each year there are approximately 7,000 boating accidents in the United States.

One-half of all recreational boating fatalities happen in calm water.

For every child who drowns, four more are hospitalized for near-drowning; for every hospital admission, approximately four are treated in hospital emergency rooms.

### Who drowns??

- 9 out of 10 drownings occur in inland waters, most within a few feet of safety.
- Most involved boats that are less than 20 feet in length.
- Most victims that drowned owned a PFD (Personal Flotation Device) but were not wearing it.

### Types of Boating Accidents:

- **Capsizing** — Capsizing occurs when the boat tips over in the water.
- **Falling Overboard** — To avoid falling overboard, do not sit on seat backs, the side of the boat or stand up in small boats.
- **Collisions** — To avoid collisions, watch out for other boaters and/or objects in the water. Know and obey the rules of the “road”.

## Safety Tips: Open Water/Boating

- Always wear a U.S. Coast Guard approved personal flotation device around open water or when participating in boating or water sports.
- Make sure that you swim in designated swim areas.
- Don't let children dive into open water where the depth is unknown.
- Water rings and inner tubes are not substitutes for life jackets.
- Children without an approved boater's safety course should never operate a watercraft (e.g. boat, jet ski).
- Any child can get into trouble in the water, even with a life jacket. Provide active adult supervision at all times.
- Equip boats with the appropriate safety and rescue equipment (e.g. fire extinguisher, throwable PFD, first aid kit, flares, flashlight, radio).
- Check the water for hidden stumps or other obstacles that may pose a hazard for swimmers, skiers or tubers.
- Check the weather before you start boating and return to shore if threatening weather develops.
- Always notify someone about your boating trip, where you are going and when you plan to return.

- Drinking and boating do not mix. Avoid alcohol use when operating a boat.
- By law, it takes three to ski: the driver, the skier and the spotter.
- When swimming in the water, make sure the boat engine is off so the propeller is not rotating.

## Personal Flotation Devices (PFD's)

If a PFD fits properly it will help keep your head above the water. Too big, and the life jacket will ride up around your face. Too small, it will not be able to keep your body afloat.

Life jackets designed for adults will not work for children!

Try it on for size . . .

- Try on your PFD to see if it fits comfortably but snug. It should also be tested in shallow water.
- When testing in shallow water, your mouth should be well above the water level or else you need a different size/style of PFD or one with more buoyancy.
- The PFD should not ride up on your body when in the water. If it does so, you may need a different size or to fit the straps tighter.
- To test a PFD fit on a child, pick the child up by the shoulders of the PFD. If the PFD fits right, the child's chin and ears should not slip through.