


# RED CROSS

## WATER SAFETY WEEK

### JUNE 3 - JUNE 9





CUT OUT HERE



### RESCUE BREATHING (MOUTH-TO-MOUTH)

THE CANADIAN RED CROSS SOCIETY

*Start immediately: The sooner you start, the greater the chance of success.*

 <p><b>Open airway by lifting neck with one hand and tilting the head back with the other hand.</b></p>	 <p><b>Pinch nostrils to prevent air leakage. Maintain open airway by keeping the neck elevated.</b></p>	 <p><b>Seal your mouth tightly around the victim's mouth and blow in. The victim's chest should rise.</b></p>	 <p><b>Remove mouth. Release nostrils. Listen for air escaping from lungs. Watch for chest to fall.</b></p>
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- REPEAT LAST THREE STEPS TWELVE TO FIFTEEN TIMES PER MINUTE.
- IF AIR PASSAGES ARE NOT OPEN: Check neck and head positions, CLEAR mouth and throat of foreign substances.
- For infants and children, cover entire mouth and nose with your mouth. Use small puffs of air about 20 times per minute.
- USE RESCUE BREATHING when persons have stopped breathing as a result of: DROWNING, CHOKING, ELECTRIC SHOCK, HEART ATTACK, SUFFOCATION and GAS POISONING.
- *Don't give up. Send someone for a doctor. Continue until medical help arrives or breathing is restored.*

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Formula for tragedy: take children near water and turn your back for a moment.

These words may sound all too familiar: "When I looked back my two-year old son was gone. The wind had carried his red and white beach ball some fifty or sixty feet past the markers. The shore was full of children, but not Michael. I ran to the water's edge. Frantic, I yelled for help. A crowd gathered. Someone shouted 'There he is!' and an arm's length from shore was the motionless body of my son. A lifeguard dashed through the crowd and gave mouth-to-mouth respiration. After what seemed like a century of nightmarish waiting, Michael coughed up water and began to cry"

Formula for tragedy: take children near water and turn your back for a moment. The formula works.

There is a way to prevent this kind of horror. There is a formula for an enjoyable day at the beach: vigilance, more vigilance and constant caution. Brian Paterson, Director of the Canadian Red Cross Water Safety Service in Ontario has this sound advice:

"Supervise - stare at - paste your eyes on - small children and non swimmers of any age whenever they are in or near the water. Even in supervised areas guard your children yourself.

"If you take family picnics in unsupervised areas, or go to a cottage, always check the water and the shore carefully for broken glass, sharp rocks or holes. Throw twigs in the water to see if there is a strong current.

"Swimming lessons under a Red Cross Water Safety Instructor will give your child safety knowledge as well as swimming techniques. The badges he earns for the different levels are a challenge to acquire more training".

During Water Safety Week, June 3 to 9, and all summer long, remember the formula for an enjoyable day: vigilance more vigilance and constant caution.

It won't spoil your day.

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Swim with a buddy. It's safer and it's a lot more fun. Keep in the swim with Red Cross Water Safety all summer.