



**19 CHILDREN WERE
SILENCED BY WATER.***

Death by drowning is quick and silent.
Protect your children.

*NUMBER OF DEATHS REGISTERED IN 2022



apsi

associação
para a promoção
da segurança infantil



GNR
GUARDA NACIONAL REPUBLICANA

SAFELY PLAYING IN WATER

The drowning of a child is a quick and silent event.

Near water, don't let the kids out of your sight for even a second.
Double your vigilance with younger children and on party days.

Never leave a child under 3 years old alone in the bathtub or in an inflatable pool.

Empty all water from buckets, bowls, bathtubs and small pools immediately after use.

Hamper children's access to places with water:
- tanks and pools should have a vertical barrier with, at least, 1,10m of height;
- the barrier shouldn't have climbable elements or openings with more than 9 cm;
- it should have a self-closing gate.
Wells should be covered with a solid, padlockable lid.

Choose supervised beaches and pools and follow the signs.

When using buoyancy equipment (swimming vest or armbands) on children who cannot swim, these should respect safety requirements and children should still be watched.

In water activities everyone must wear a life jacket.

Get trained in CPR - Cardiopulmonary Resuscitation.
This gesture could save a life.

In case of drowning call 112.

Teach children to swim, but keep a close watch.

Teach children not to dive on pontoons or in areas with unknown depth, or if there are submerged rocks or unevenness.

Teach children never to swim alone and to stay close to shore.

for more information: www.apsi.org.pt



apsi associação
para a promoção
da segurança infantil



GNR
GUARDA NACIONAL REPUBLICANA