

8 CHILDREN WERE SILENCED BY WATER*

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



apsi associação
para a promoção
da segurança infantil



* No. of deaths in 2024

PLAYING SAFELY IN WATER

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

Near water, don't let 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 a bathtub or in an inflatable pool.

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

Restrict children's access to areas with water.

Fence off tanks and swimming pools with vertical barriers:

- at least 1.10m high;
- with no climbable elements;
- with no openings wider than 9 cm;
- and with a self-closing gate.

Cover wells with a solid, lockable lid.

Choose supervised beaches and swimming pools, and follow the posted safety signs.

Children who cannot swim well yet should wear flotation aids (swim vests or armbands); these must be approved officially and do not replace adult supervision.

Everyone should wear a life jacket during water activities.

If someone is in trouble in the water, throw them something they can hold onto.

In case of drowning call 112.

Get trained in Basic Life Support (BLS).

This gesture could save a life.

Teach children to swim but keep a close watch.

Teach children not to dive on pontoons or in areas with unknown depth, because there can be submerged or uneven rocks or unevenness.

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

For more information: www.apsi.org.pt