

# Make Safety Your Top Priority!

DROWNING is the second-leading cause of injury-related death among children 1-14 years of age—just behind motor vehicle crashes.

**WEARING a U. S. Coast Guard-approved** personal flotation device (PFD) is the most responsible way to stay safe, regardless of age or swimming ability. **Do not rely** on water wings, inflatable toys, noodles or inner tubes to stay afloat.



## Essential safety tips

- ALWAYS wear a U.S. Coast Guard-approved PFD at all times for wading, swimming or boating.
- Monitor children's water activities and ensure they wear properly sized PFDs.
- Know the abilities of yourself and those swimming with you.
- Always enter the water feet first but not from a higher location such as a tree, ledge or bridge.

