

“Water is the driver of nature.”  
Leonardo da Vinci

# Safety Notes



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## QUICK TIPS:

1. Swim in areas supervised by a lifeguard.
2. Enter headfirst only when the area is clearly marked for diving and has no obstructions.



3. Be aware of the water environment you are in and its potential hazards.
4. Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.

## Water Safety

During the hot summer months, employees and their families tend to spend more time doing outdoor activities, such as swimming, fishing and boating. Each of these outdoor activities involves water. Water, if not taken seriously, can become extremely dangerous. Educating employees and their families about the dangers of water and how to practice water safety is important.



According to the Centers for Disease Control (CDC), everyday about 10 people die from unintentional drowning. Of these, two are children aged 14 or younger. Drowning is the sixth leading cause of unintentional injury death for people of all ages, and the second leading cause of death for children ages 1 to 14 years of age. Nonfatal drowning can cause brain damage that may result in long-term disabilities. Supervision and paying attention to water conditions can prevent many water incidents.

## Getting Started

This week, the Safety Notes link will redirect you to the American Red Cross website which has valuable water safety information to help employees and their families stay safe in, on, and around water.



### [General Water Safety Tips](#)

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