



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department



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June is... Pool Safety Month

The National Safety Council reports that 600 children and adults drown annually in swimming pools, and 330 in home pools. By following pool tips, as well as using common sense, your community or backyard pool can be a safe and pleasurable experience for children and adults.



Pool Safety Guidelines:

- Mark water lines where the water deepens.
- Teach children to float or swim early on.
- Always provide adult supervision when the pool is in use.
- No one should ever swim alone.
- Never push others into the pool.
- When using water slides, always go feet first.
- Before diving or sliding, check to be sure that other swimmers are out of the way.
- Keep rescue devices and first aid supplies near the pool.
- Keep electrical appliances such as radios out of the pool area because of the hazard of electrical shock.
- Never swim after drinking alcoholic beverages, eating or taking medications.

For more pool safety guidelines visit: <http://www.swimmingpool.com/games-safety/pool-safety/pool-safety-guidelines>

Did you know...?

Fun Facts:

- Swimming strengthens the heart and lungs.
- Swimming works out all of the body's major muscles.
- Swimming helps reduce stress.
- 65% of people in the U.S. don't know how to swim.
- An hour of vigorous swimming will burn up to 650 calories. It burns off more calories than walking or biking.
- Swimming first became an Olympic event in 1896.

American Red Cross **Water Safety Tips**



Questions or Comments?

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