



## The Safety Corner

From the Marine Corps Center for Lessons Learned  
10 August 2007



### Critical Days of Summer: Part 4

This issue of the Safety Corner highlights swimming pool safety tips for the 101 Critical Days of Summer Campaign.

#### In this Issue:

[Welcome from the Director](#)

[Swimming Pool Safety](#)

[Safety Equipment](#)

[Fatality Summary](#)

**From the Director:** Residential and community swimming pools nationwide are now in full swing. Swimming offers hours of pleasurable enjoyment for friends and family and is one of the most popular forms of relaxation and exercise in the summer months. Unfortunately, as water activities have increased, so have accidents.

Swimming pool accidents are among the major causes of serious injury and death in children. Each year, more than 300 children under 5 years old drown in residential swimming pools, usually in a pool owned by their family. In addition, more than 2,000 children in this age group are treated in emergency rooms for pool related injuries nationwide.

Do not be fooled into thinking that your child is safe just because he/she knows how to swim; no one is exempt from the possibility of having an accident, regardless of one's age. To help you enjoy a safe and healthy summer, the following safety tips are provided to Marines, Sailors, and their families who will be splashing around in swimming pools across the nation.

I can tell you from personal experience that kids can go from playing nicely on the steps of the pool to silently slipping under the water in seconds. I have helped pluck them out. I have seen an adult get pulled under water on the North Shore of Hawaii while not more than 15 feet from the shore and helped pull him in. I have seen folks crack their heads slipping and falling at the pool. These things happen and will continue to happen. But staying aware; especially of the kids, can help reduce the risk. My four year old wears her approved life vest when we go to the pool, and I work hard to keep a close eye on her not only at the pool but during other activities as well. Keeping an eye on her is hard as she is a live wire, but its worth it.

Every Marine, Sailor, and family member must be committed to avoiding mishaps. Make safety a habit with your entire family. Have a happy and safe summer, and swim a few laps for me.

Log on [www.mccll.usmc.mil](http://www.mccll.usmc.mil) to download previous editions of the Marine Corps Center for Lessons Learned Safety Corner as well as our Monthly Newsletters.

I look forward to your comments, observations, and concerns.

Semper Fidelis,

Col Monte Dunard, Director MCCLL

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#### Spa Safety Tips

**Properly ventilate** the spa. If your spa is inside and inadequately ventilated, some users may experience slight throat and eye irritation. Ventilate it naturally or mechanically with an exhaust fan.

**Keep your spa water temperature** no higher than 104° F.

**Persons with diabetes**, high blood pressure, heart disease or other cardiovascular conditions should consult their physicians before using a spa.

**ALWAYS shower first.**

**Persons with open sores** or any type of infection should not use the spa (hot water is an ideal environment for spreading infection).

**Limit your soak time** to no more than 15 to 20 minutes at a time.

**Never drink alcoholic beverages** before or during spa use. Alcohol can make you drowsy and lead to drowning.

**Children must not be permitted to use the spa without adult supervision.**



Use the Naval Safety Center's website to glean best practice ideas to enhance your command Critical Days of Summer safety awareness program. Engage the services of the local community in providing speakers for stand-downs such as the American Red Cross, medical personnel, etc. <http://safetycenter.navy.mil/>

The observations and recommendations contained in The Marine Corps Center for Lessons Learned (MCCLL) Safety Corner represent the considered judgment of Marines who have identified safety issues in their units. The purpose of this newsletter is to apprise other Marines of these safety recommendations and to encourage them to enter their own lessons into the Marine Corps Lessons Management System (LMS).



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### Swimming Pool Safety

Whether it's a backyard oasis or the gem of the community park, a swimming pool is a great place for summer fun. However, it's important to remember that swimming pools can be dangerous, especially for children. According to "The State of Home Safety in America" report, drowning is the fifth leading cause of unintentional injury related death. Drowning is a silent and sudden event, and Home Safety Council research found that drowning deaths at home often occur in swimming pools. Since drowning victims may not make any noise once in distress, constant supervision around any body of water is critical. Adopt the following guidelines from the Home Safety Council to help keep your pool area safe:

**To minimize the possibility of injury or drowning, following the below listed safeguards will help reduce swimming mishaps:**

- Keep yourself hydrated (Dehydration may lead to cramps when swimming).
- Use sun screen lotion to avoid sun overexposure.
- Never use any kind of electrical appliance or device while using the pool.
- Never use your pool during severe weather conditions.
- Never jump or dive into an above ground pool. Climb in carefully.
- Never dive into the shallow end of the pool or into pools marked "NO DIVING".
- Insist on safe use of the pool and all of its equipment.
- No horseplay.
- Ask people to leave if they're unwilling to follow safe behavior.
- Glassware should never be allowed in the pool area.
- Learn to swim well enough to survive an emergency.
- Notify a lifeguard that you are a marginal swimmer.
- Know your limitations and don't over estimate your abilities.
- Swim only in supervised pools (manned by lifeguards).
- Keep a safe distance from platforms and diving boards.
- Remember that regardless of age or skill level, no one is "drown proof." Children should always be supervised by an adult while they are swimming.
- **Stay out of the pool:**
- When you are overheated.
- Immediately after eating.
- After consuming alcohol.
- During thunder/lighting storms.



### NOTICE

#### Regulations For Use Of Public Pools

- All persons using the swimming pool must take a shower before entering the pool enclosures.
- Any person having an infectious or communicable disease is prohibited from using a public pool.
- Persons having open blisters, cuts, etc., are advised not to use the pool.
- Spitting, spouting water, blowing the nose or discharging bodily wastes in the pool is strictly prohibited.
- Running, boisterous or rough play or excessive noise is forbidden in the pool area, showers or dressing rooms.
- Common towels, combs, brushes and drinking cups are prohibited.
- Private swim suits and towels should be cleaned and dried after each use.
- No person may take food and drink inside the pool enclosure.
- Dogs and other animals are not allowed in the pool area.
- All children and non-swimmers must be accompanied by a parent or responsible adult supervisor.

Bathing load \_\_\_\_\_ persons

THE MANAGEMENT RESERVES THE RIGHT TO REFUSE ADMITTANCE TO, OR EJECT FROM THE POOL PREMISES, ANY PERSONS FAILING TO COMPLY WITH ANY OF THE ABOVE HEALTH AND SAFETY REGULATIONS.

### Safety Equipment:

Safety and rescue equipment should be readily accessible at every swimming pool.

Body hook attached to a light, strong pole at least 12 feet in length.

Life ring attached to a 3/16-inch line long enough to span the maximum width of the pool (Minimum exterior diameter of ring should be 17 inches).

**Safety signs (posted in plain view from the nearby deck). These signs include:**

Diagrammed illustrations of artificial respiration procedures.

Emergency phone number of the nearest emergency rescue service. The "911" emergency number, which is in effect for police, sheriff, fire and paramedic response, is recommended.

Drain covers need to be secured and removable only with tools and must be designed to prevent physical entrapment or a suction hazard.

Safety rope and buoys need to be maintained in the pool area if the pool is equipped for fastening such equipment.

Maintain daily operating records



The following warning signs should be posted adjacent to all spas/pools:



IN CASE OF EMERGENCY: DIAL 911





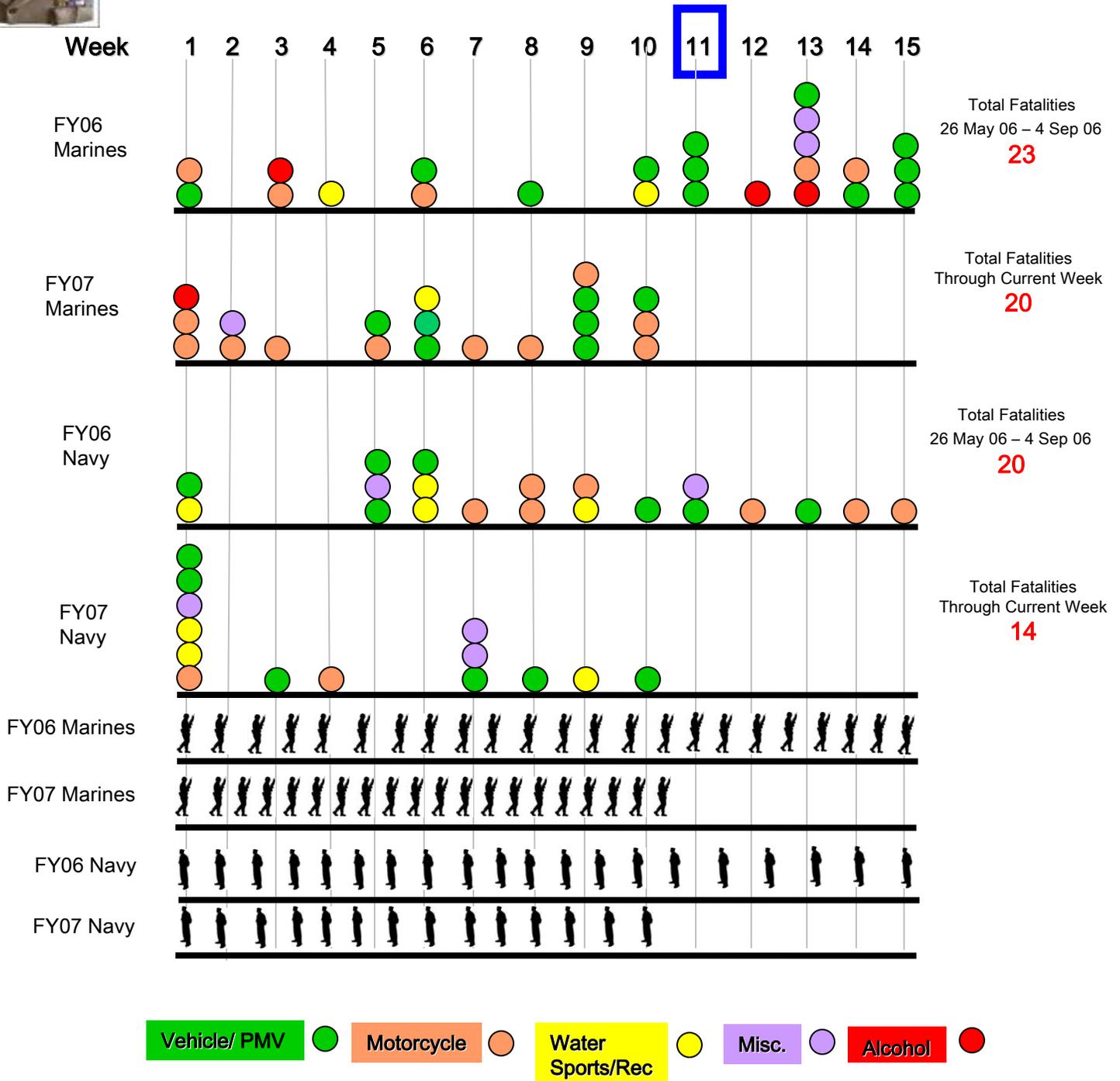
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## From the Marine Corps Center for Lessons Learned 10 August 2007



101 Critical Days of Summer FY06/07 comparison

### 101 Critical Days of Summer Fatality Summary as of 10 Aug 07



Note: Ground fatalities were removed for FY06/FY07 comparison