

For Immediate Release:**June 21, 2022****Water safety tips from London Health Sciences Centre**

(LONDON, Ontario) – Summer is officially here and the Injury Prevention team at London Health Sciences Centre (LHSC) is reminding Londoners of important water safety tips to ensure an enjoyable and injury-free summer.

“While tragic, we recognize that many drownings can be prevented if we consider three important factors,” said Jennifer Britton, Injury Prevention Specialist at LHSC. “Almost all documented drowning cases occurred due to either a lack of personal flotation devices, alcohol consumption, swimming alone, or a combination of those factors.”

According to the most recent data from the [Canadian Life Saving Society](#), the majority of drownings occur every year in the summer months, between May and September. LHSC offers the following tips for staying safe in and around the water this summer:

1. Swimming lessons are recommended for all ages as they help build confidence in and around water, but swimming lessons alone do not prevent drownings
2. Supervision and the buddy system
 - For children swimming or near water ensure there is always a dedicated, active supervisor. Put those cell phones down!
 - For adults when swimming or being on the water, never go alone and look out for one another
3. Do not swim, boat or participate in aquatic activities impaired. For those 15–64 years of age, alcohol was a risk factor in 44 per cent of drowning deaths.

“Drownings happen quickly and often silently: in fact, it can take only 10 to 20 seconds,” Britton continued. “The most important thing we want to remind people is to be vigilant. Have fun and enjoy their pools, or visits to the beach, but make sure they’re not forgetting that all of these activities carry an element of danger, and vigilance is important.”

Quick Facts

- The most recent drowning data from coroner's offices (2017) indicates that on average between 450 to 500 people drown in Canada each year
- The age group most impacted is those 65 years and older, who account for 22 per cent of drownings
- 66 per cent of drownings occur from May to September
- 34 per cent of drownings occurred in a Lake or pond
- For every fatal drowning there are an estimated three non-fatal drownings

About London Health Sciences Centre

As one of Canada's largest acute-care teaching hospitals, LHSC is dedicated to providing exceptional patient care, while championing the spirit of medical advancement through teaching practices and breakthrough research. For 146 years, LHSC has been an integral part of the London community offering compassionate medical care for its people, as well as those across the Southwestern Ontario region, and the world. National and international medical firsts have been pioneered at LHSC, including the discovery of vinblastine and the use of cobalt radiation transforming the lives of people across the globe. Through collaborative partnerships with Western University and over 30 educational institutions, more than 1,800 health care professionals actively seek out training opportunities each year at LHSC, acknowledging the opportunity to work alongside some of Canada's top medical scholars. With more than 15,000 staff, physicians, and residents, LHSC is committed to achieving its vision '*Working together to shape the future of health*'. More information about LHSC can be found at www.lhsc.on.ca.

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