



Teenage and Adult Drowning



- From 1999-2003, an average of 71 Oklahomans ages 14 years and older drowned or nearly drowned each year; 82% died, showing just how dangerous water and water-related activities can be!!
- Males were nearly 4 times more likely to be involved in a drowning incident than females.
- Many factors relate to the death or survival of people in the drowning incident:
 - Physical exertion and history of disabling conditions or medical problems;
 - Person is alone and not able to save himself or immediate help is not available;
 - Use of alcohol or drugs contributes to risky behavior before the incident and affects reaction and the performance necessary to survive after the event.
- 68% of all drownings or near drownings occurred in natural waters (i.e., lakes, creeks, rivers, and ponds).
- The majority of persons involved in a drowning incident were not wearing a life jacket.
- Studies show alcohol use is involved in about 25% to 50% of adolescent and adult deaths associated with water recreation.

Prevention for these age groups should focus on common factors across locations of water and activities associated with age.

- When swimming, boating, or diving in natural waters, the main safety measures to follow include:
 - Enter waters with caution, watching for currents and heavy debris;
 - Don't overestimate swimming ability and strength;
 - Give attention to weather and warning signs;
 - Don't play or walk on ice-covered waters;
 - Wear approved life jackets when boating and fishing;
 - Know and be ready to use CPR and other life saving skills.
- Safety measures related to canals, drains, and ditches include:
 - Motorists should avoid speeding and adhere to safe driving practices;
 - Teach older children not to play, bike, or swim near canals or ditches, and guard them from these places.
- Precautions related to swimming pools and hot tubs include:
 - Never dive in pools less than 12 feet deep, or from pool sides less than 6 feet deep;
 - All people entering pools should have swimming lessons and learn water safety skills;
 - Four-sided fencing and locks should be in place to protect older children.