

Keeping Children Safe In, On, & Around Water

Summer is just around the corner. For many families this means more time spent outdoor and in pools, lakes, and waterways. Here are a few parental tips from the American Red Cross:

- Maintain constant supervision. Watch children around any water environment (pool, stream, lake, tub, toilet, bucket of water), no matter what skills your child has acquired and no matter how shallow the water. For younger children practice “Reach Supervision” by staying within an arm’s length reach.
- Don’t rely on substitutes. The use of flotation devices and inflatable toys cannot replace parental supervision. Such devices could suddenly shift position, lose air, or slip out from underneath, leaving the child in a dangerous situation.
- Enroll children in a water safety course or “Learn-to-Swim classes. These courses encourage safe practices.
- Parents should take a CPR course. Knowing these skills can be important around the water, and you will expand your capabilities in providing care for your child.
- If you have a pool or spa create a “Pool Safety Toolkit.” What should be in a pool kit?
 - A first aid kit
 - A pair of scissors to cut hair, clothing, or a pool cover, if needed.
 - A charged portable phone to call 9-1-1.
 - A flotation device.

“Pool Safely” Safety In and Around Pools

An afternoon spent at a pool or spa is a great way to spend a warm afternoon. However, it’s important for parents and children to always “pool safely” while in the water. Parents are encouraged to adopt safety guidelines with their children. Here are few tips from the American Red Cross.

- Always swim with a buddy, never swim alone.
- Swim in areas supervised by a lifeguard.
- Children and inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved life jacket when around the water.
- Watch out for the dangerous “too’s”—too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Use a feet-first entry when entering water.

Pool Precautions:

- Enclose the pool with a self-locking, self-closing fence with vertical bars.
- Never leave furniture near the fence that would enable a child to climb over the fence.
- Keep toys away from the pool when not in use. Toys can attract young children into the pool.
- Post CPR instructions and 9-1-1 number near the pool area.



Life Jacket Loan Station

The California Department of Boating and Waterways (DBW) has partnered with public and private entities to make life jackets available to the public on a loan basis. DBW has provided life jackets to these stations so that an individual or family can check out a life jacket for a day or a weekend by simply completing a loan form. Some stations have life jacket use requirements, so please contact participating locations for specifics. Here is a partial list of Life Jacket Loan Stations

- Roseville Fire Department, Station #1: (916) 774-5800
- Folsom City Fire Department Station #35: (916) 984-2280
- South Placer County Fire Department (Granite Bay) , Stations 1 & 6: (916) 791-7059

For a complete list go to www.boatresponsibly.com

What type of life jacket should you wear?

Today’s life jackets come in a variety of colors, is more convenient, less restrictive, and may be even unnoticeable to the person wearing one. Life jackets are now custom designed for specific water activities (i.e. fishing, cruising, water skiing, etc.) Visit www.wearitcalifornia.com for more information.



Facts and Stats

From the Centers for Disease Control and Prevention

- Drowning is the leading cause of unintentional death for children ages 1-4.
- Children’s drowning deaths and injuries are highest in warm weather months, from May to August.
- Deaths by gender for children 0-14 years old: Male 71%, Female 29%.
- 75% of deaths of children younger than 14 years old occurred at a residence. 53% of those victims were younger than 5 years old.



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Distracted Driving

What is it? Anything that takes your eyes or mind off the road or your hands off the steering wheel.

Who's doing it? Most of us. It has been estimated that, at any one time, up to 10 percent of drivers are using some kind of mobile device.

What can you do? Most importantly obey the law. It's there for a reason. Also, do your best to eliminate distractions.

What counts as distracted driving? There are

countless distracting activities that can divert driver attention. Amongst the most common is texting, cell phone use, eating, grooming, and talking. Any one of these can increase the risk of a crash.

How risky is distracted driving? It is very risky and is known to lead to fatal car crashes. The California Office of Traffic Safety report that 80 percent of vehicle crashes involve some sort of driver inattention. Up to 3,000 people nationwide are killed in crashes where driver distractions are involved.

Reduce Distractions

April is Distractive Driving Awareness Month. It's a good time to sit down with your family to talk about the dangers of distracted driving and, what drivers can do to reduce distractions when driving. Here are a few tips from the California Office of Traffic Safety:

- Never text and drive.
- Turn off your phone when you get behind the wheel.
- Don't text or call someone when you know they are likely to be driving.
- No eating or drinking while driving.
- Don't program your GPS, MP3 player or other devices while driving.
- Pull over and stop to read maps.
- No grooming.
- No reading.
- No watching videos.
- Try not to get too involved with passengers.
- If something falls to the floor, pull over to pick it up.

Cell Phone Use While Driving

One of the most visible sources of distracted driving is cell phone use. According to a 2008 AAA Foundation report cell phone use roughly quadruples crash risk. Numerous research also conclude that hands-free cell phone offers no significant safety benefits over handheld phones—hands free is not risk free. Therefore, drivers should not use a cell phone while behind the wheel.



U Drive. U Text. U Pay.

Distracted driving is a dangerous epidemic on America's roadways. In 2013, 3,154 were killed in distracted driving crashes.



Facts, Figures & Details

Here are a few facts and details from the California Office of Traffic Safety and the California DMV.

- Talking on a cell phone or texting is the number one source of driver distraction.
- Texting takes your eyes off the road for an average of five seconds, far enough to travel the length of a football field at 55 mph. Most crashes happen with less than 2 seconds reaction time.
- The act of talking on a cell phone, even hands free, can give you "inattention blindness," where your brain isn't seeing what is right in front of you. You aren't even aware that you are driving impaired. If you think you can handle both driving and talking on a cell phone or texting, you are kidding yourself and putting everyone at risk.
- In 2014, 61% of California drivers said they had been hit or nearly hit by a driver who was talking or texting on a cell phone.
- In 2013 the California Department of Motor Vehicles reported over 426,000 handheld cell phone and texting convictions, with more than 57,000 tickets issued in April alone.



Sources: American Red Cross, Consumer Product Safety Commission, CA Dept. of Waterways, Centers for Disease Control and Prevention, CA Office of Traffic Safety, CA DMV, AAA Foundation

**Call 9-1-1
EMERGENCY
IN PROGRESS**

NON-EMERGENCY
Fire (916) 774-5800
Police (916)-774-5000
Extension 1

Police Department
1051 Junction Blvd.
Roseville CA 95678
(916) 774-5000
www.roseville.ca.us/police

Fire Headquarters
401 Oak Street, Fire Station #1
Roseville, CA 95678
(916) 774-5800
www.roseville.ca.us/fire

**Abandoned Vehicle
Hotline**
(916) 746-1022
Alarms/Alarm Permits
(916) 774-5093
Animal Control
(916)774-5090
**Community Events &
Neighborhood Watch**
(916) 774-5050
PDCommunityServices@roseville.ca.us

Graffiti Abatement
(916) 746-1021
**Police News & Crime
Alert Emails:**
www.roseville.ca.us/enotify
RCONA
(Roseville Coalition Of
Neighborhood
Associations)
www.RCONA.org

