



**KEEP  
WATCH**

**@ BATH TIME**  
PREVENT YOUR CHILD FROM DROWNING

Actively Supervise @ Bath Time  
**BE PREPARED**  
**BE WITHIN ARMS' REACH**  
**ALL OF YOUR ATTENTION**  
**ALL OF THE TIME**



## Child Drowning – Fact or Fiction?

**FICTION:** Whilst in the bath, young children can be left in the care of older children.

**FACT:** Never leave young children in the care of older children. Older children may not perceive the amount of danger a young child may be in and may confuse drowning for playing. They lack the attention levels needed to supervise correctly.

**FICTION:** Water needs to be reasonably deep for children to drown in it.

**FACT:** Children only need a small amount of water to drown in. Water that is deep enough to cover their nose and mouth is enough for a child to drown in.

**FICTION:** I can leave my child alone in the bath for a few seconds/minutes while I grab something I forgot, or to go to the toilet.

**FACT:** Drowning can occur in a matter of moments and you should never leave your child without active adult supervision. Ensure you have everything you need before filling the bathtub.

**FICTION:** A bath seat keeps a child safe in the bath.

**FACT:** Children have drowned while in a bath seat. Using a bath seat does also not replace the need for constant active adult supervision.

Would you like to know more about how you can prevent your child from drowning?

Visit the Keep Watch website at [www.keepwatch.com.au](http://www.keepwatch.com.au)

Or contact your local Royal Life Saving Branch:

### Australian Capital Territory

Ph (02) 6260 5800 Email [act@rlssa.org.au](mailto:act@rlssa.org.au)

### New South Wales

Ph (02) 9634 3700 Email [nsw@royalnsw.com.au](mailto:nsw@royalnsw.com.au)

### Northern Territory

Ph (08) 8981 5036 Email [nt@rlssa.org.au](mailto:nt@rlssa.org.au)

### Queensland

Ph (07) 3823 2823 Email [rlssqadmin@ozemail.com.au](mailto:rlssqadmin@ozemail.com.au)

### South Australia

Ph (08) 8234 9244 Email [sa@rlssa.org.au](mailto:sa@rlssa.org.au)

### Tasmania

Ph (03) 6243 7558 Email [tas@rlssa.org.au](mailto:tas@rlssa.org.au)

### Victoria

Ph (03) 9676 6900 Email [mail@lifesavingvictoria.com.au](mailto:mail@lifesavingvictoria.com.au)

### Western Australia

Ph (08) 9383 8200 Email [info@rlsswa.com.au](mailto:info@rlsswa.com.au)

### National

Ph (02) 8217 3111 Email [info@rlssa.org.au](mailto:info@rlssa.org.au)

Drowning happens quickly and silently!

## Bath Time: A time for water awareness

Bath time is also a great chance for your child to explore and enjoy the water. You should use a baby bath big enough to allow movement. Hold the baby underneath their head and move them forwards and backwards allowing them to feel the movement of the water. Do not be afraid if the baby's head and ears get wet. Allow the water to circle the baby's face without covering the eyes, mouth or nose. You can also use a soft sponge or washcloth to trickle water on the baby's face. Make sure you dry their ears by gently using a towel to sponge off the water. Do not place anything in the child's ears.



[www.keepwatch.com.au](http://www.keepwatch.com.au)





## What is Keep Watch?

For over 15 years the Keep Watch program has been educating Australian parents and carers on how to keep their children safe when in, on, or around the water in a variety of locations. We are now tailoring the approach to locations with specific hazards - like those found at bath time.

**Keep Watch @ Bath Time** is aimed at preventing children under 5 years of age from drowning by getting parents and carers to undertake four simple actions:

### Supervise

Ensure that when your child is in, on, or around water they are within arms' reach and have your undivided attention at all times. This includes being prepared by having towels, clothes and other bathing items ready before filling the bathtub.

### Restrict Access

Ensure that where possible there is a barrier between your child and the water. When you are finished bathing your child, empty the water out of the bath and close the door to the bathroom when not in use.

### Water Awareness

Enrol your child in a water familiarisation class such as Royal Life Saving's Swim and Survive Wonder Program. When arriving at an aquatic location, ensure you are aware of the hazards and risks.

### Resuscitate

Be prepared to respond in an emergency. Enrol in a resuscitation course and update your skills annually. If required, any response is better than nothing. Just push and blow, and as soon as possible call '000'.

For more Keep Watch information and useful resources visit [www.keepwatch.com.au](http://www.keepwatch.com.au)

## Keep Watch @ Bath Time

Royal Life Saving is targeting bathtub drowning deaths of babies and toddlers. In Australia, on average, 5 children under the age of five drown and 47 are hospitalised due to bathtub drowning incidents each year. One in four hospitalisations results in permanent injury such as brain damage. The majority of bathtub drowning deaths in Australia are of children less than 2 years old, who were already in the bathtub.

### Risk of drowning during bath time increases due to:

- Babies and toddlers being top-heavy and able to easily fall into the bath
- Babies not being able to keep their heads above water
- Babies and toddlers being left alone in the bathtub, even for short periods of time
- Babies and toddlers being left in the bath with other children
- Parents and caregivers not actively supervising babies and toddlers at bath time
- Babies and toddlers being left in a bath seat without active supervision

**Keep Watch @ Bath Time** aims to eliminate all bath drowning incidences. As a parent or carer it is hard to be in all places at once and bath time poses one of the highest risks of drowning for babies and toddlers.

### What is 'Active Supervision' @ Bath Time?

Active supervision at bath time has four key elements:

- **Be Prepared** - Always make sure you have everything you need to bathe your child before entering the bathroom
- **Be Close** - Always be within arms' reach of your child
- **All Of Your Attention** - Focus all of your attention on your child and watch, talk and play with them when they are in the bath
- **All Of The Time** - You should never leave your child alone in the bath, nor should they be left in the care of an older child

Babies left alone in the bathtub, even for a second, can drown. **Always supervise your child.**

## Keep Watch @ Bath Time Checklist

Actions to prevent your child from drowning during bath time include: (✓)

- Everything ready for bathing e.g. towels, pyjamas, slippers and gone to the toilet
- Small fold up chair ready in bathroom to sit on while children are in the bath
- Cold water run first and turned off last
- Tested water to ensure it is comfortably warm, not hot, to prevent burns and scalds
- Water kept to a minimum depth i.e. just enough water to wet the child using your hands
- Child being actively supervised by responsible adult
- Child never left alone in the bath
- Supervising adult always within arms' reach of the child
- Ignored distractions when bathing your child including phones and doorbells
- Child taken with you if you had to leave the bathroom
- Child not left in the care of an older child while in the bath
- If child bathed in a bath seat, active supervision always used
- Taps turned off, plug removed, bathtub drained and door closed
- Enrolled in a CPR course. Checked [www.royallifesaving.com.au](http://www.royallifesaving.com.au) for course details
- CPR skills updated annually

## Tap Hanger

This tap hanger is to be placed on the tap where you regularly bathe your child to remind you and other people to never leave your child alone in the bath tub and to take everything with you at bath time.



For more information about Keep Watch please visit: [www.keepwatch.com.au](http://www.keepwatch.com.au)