



PRESS RELEASE

25 July 2022

“Do one thing” to help save lives from drowning. World Drowning Prevention Day – July 25, 2022

Water Safety Ireland has issued a call for people to “do one thing” to help prevent drowning. The appeal comes as part of a drive by the World Health Organization to encourage action that will help to reduce the global drowning burden that takes 27 lives every hour of every day.

Over the last ten years, an average of nine drownings occurred in Ireland every month, and in that decade accounted for 40% of the 2,700 road and water deaths combined. This makes drowning a significant public health issue but it can be influenced when people make small changes in their behaviour, learn one water safety skill or share one piece of water safety advice. Be the one who takes responsibility for changing one mind about safety around water because for someone at risk of drowning, your one thing could mean the world.

Water Safety Ireland’s **‘Do One Thing’** appeal:

1. Supervise children closely and never ask older children to supervise younger siblings. Children require constant, uninterrupted, adult supervision.
2. Wear a correctly fitting lifejacket when boating, carry a VHF radio and a fully charged mobile phone in a waterproof pouch.
3. Swim at Lifeguarded waterways listed at www.watersafety.ie/lifeguards.
4. Alcohol is a factor in one third of drownings – never mix alcohol with water activities.
5. If you see somebody in trouble in the water: SHOUT – REACH – THROW
 - a. SHOUT to calm, encourage and orientate them;
 - b. REACH with anything that prevents you from entering the water (clothing/stick);
 - c. THROW a ringbuoy or any floating object to them.

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