

# Trauma Nova Scotia Drowning 2024

Who drowns and how can we prevent it?

**Drowning** - "respiratory impairment from submersion or immersion in liquid"  
World Health Organization

Over the past 10 years, **96.5%** of traumatic drownings in Nova Scotia were **fatal**

## Where and When?

Natural Water:

**77%**

Includes beaches, rivers, and lakes

Unnatural Water:

**23%**

Includes bathtubs and pools

**66%**

**April - September**

## Drowning Risk Factors

Lifejacket worn

**13%**

Alcohol +

**37%**

Sport/  
Recreation

**14%**

Swimming

**12%**

Fishing

**10%**

Boating

**7%**

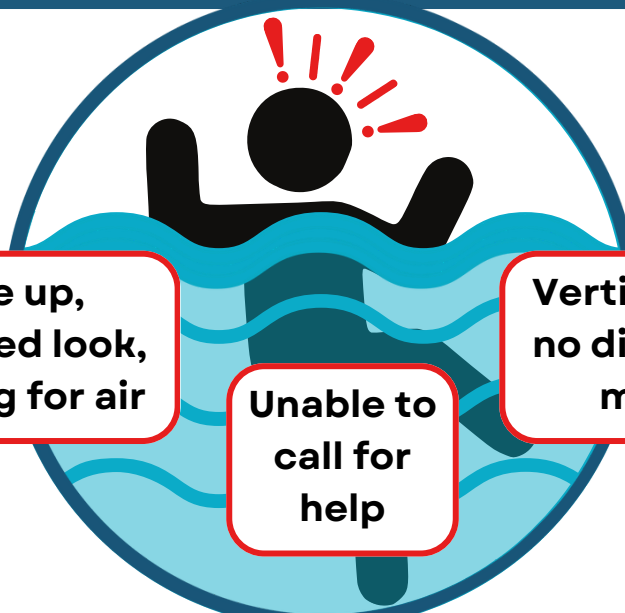
Other

**43%**

**35%** of drownings were related to **unintentional entries**

Data were collected from the Trauma Nova Scotia Registry (2013-2023)

## Drowning Signs



Arms pushing down

Face up, panicked look, gasping for air

Unable to call for help

Vertical body, no directional motion

Bobbing at water's surface

**Note:** infants and toddlers do not follow this pattern; they sink

## Drowning Prevention

\*PFD = personal flotation device

Actively supervise children - within arm's reach

Don't drink and swim or boat

Wear properly fitting PFDs\*

Learn to swim

Know the hazards of the area

**The more preventative measures taken, the better!**

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