

Trauma Nova Scotia Drowning 2024

Who drowns and how can we prevent it?

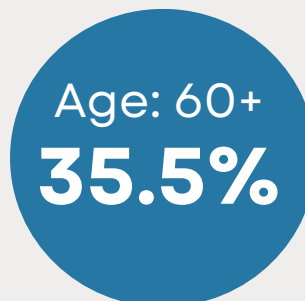
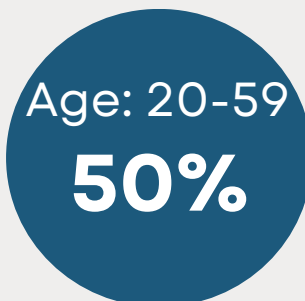
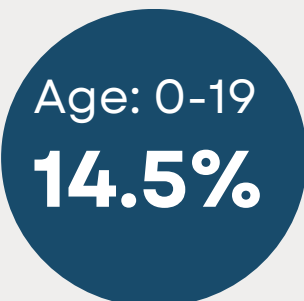
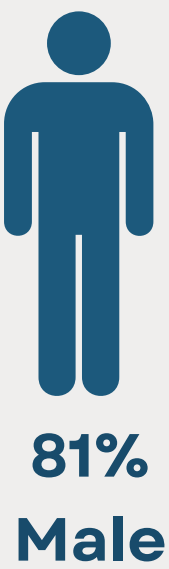
Fatal vs. Non-Fatal Drowning¹

Drowning - "respiratory impairment from submersion or immersion in liquid"

Non-Fatal Drowning - drowning is stopped before death

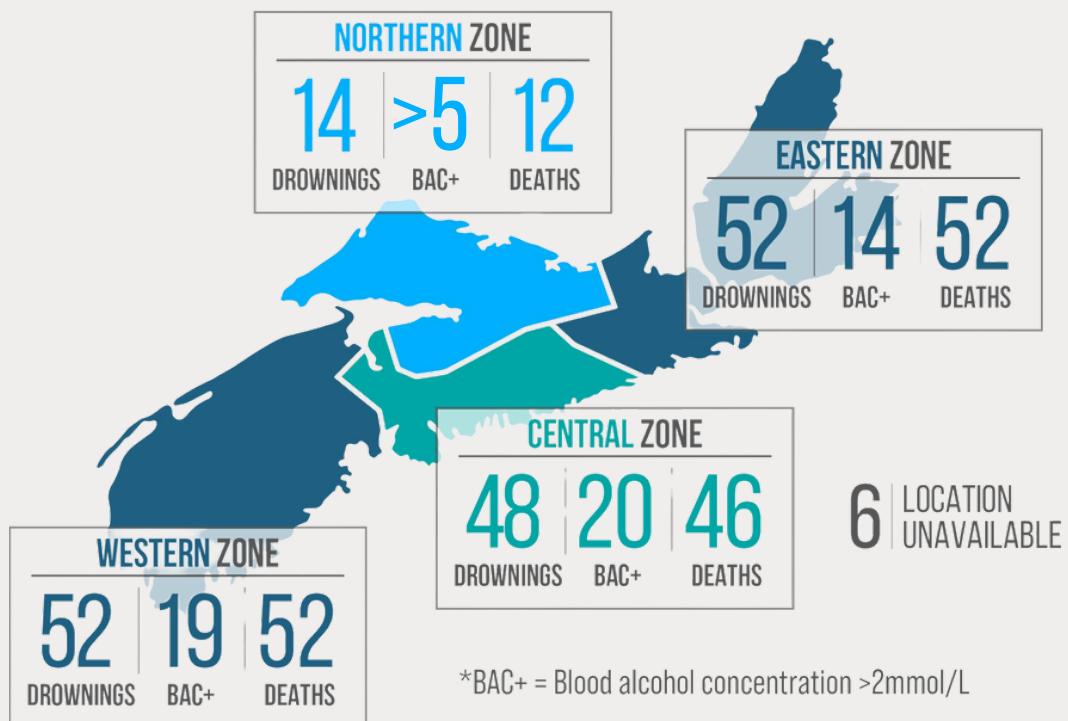
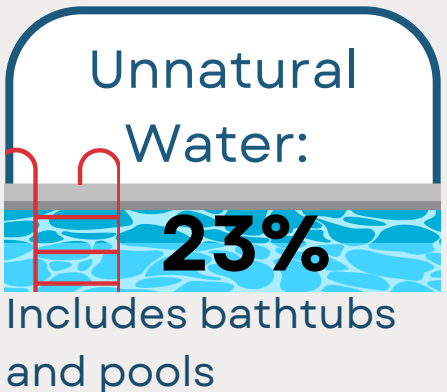
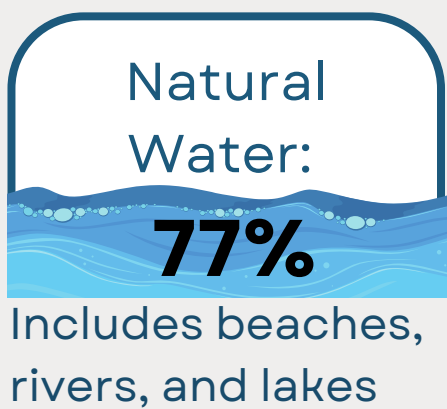
Over the past 10 years, **96.5%** of traumatic drownings in Nova Scotia were **fatal**.

Who and When?



*Reported %'s are of the total number of drownings.

Where?

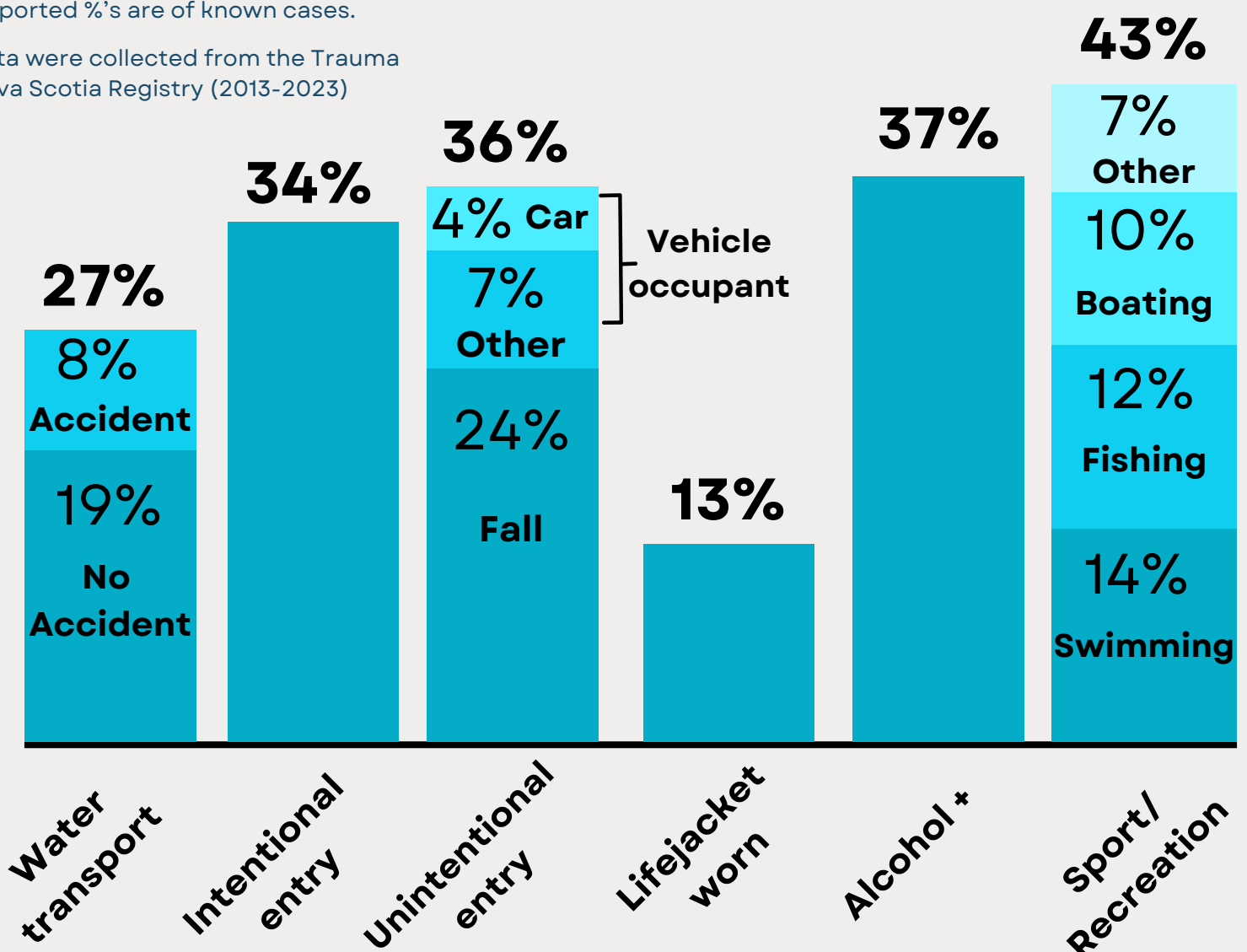


*Reported %'s are of known cases.

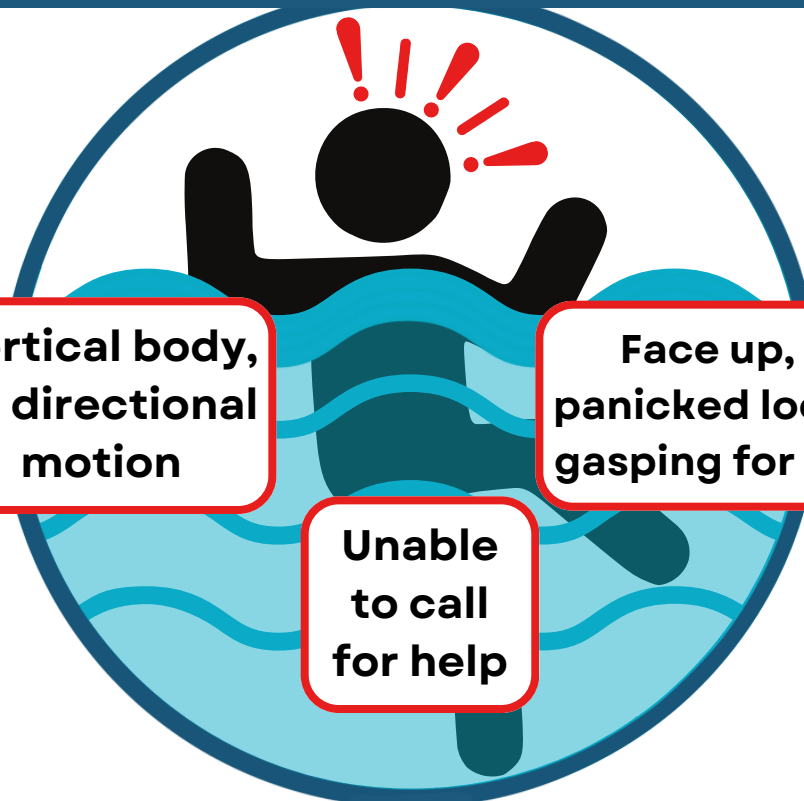
What led to drowning?

*Reported %'s are of known cases.

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



⚠️ Drowning Signs ²⁻⁴



Note: infants and toddlers do not follow this pattern; they sink³

Vertical body, no directional motion

Face up, panicked look, gasping for air

Arms pushing down

Unable to call for help

Bobbing at water's surface

🛟 How to help? ^{3, 5-7}

- ➔ Recognize and act fast
- ➔ Call for help
- ➔ Encourage “Flip, Float, and Follow” route to safety^{5, 6}
- ➔ Become CPR and water rescue trained



Drowning Prevention ⁷⁻¹²

*PFD = personal flotation device

Actively supervise children - within arm's reach

Never swim alone

Learn to swim

Don't drink alcohol and swim or boat

Wear properly fitting PFDs*

Know the hazards of the swimming area

The more preventative measures taken, the better!

**Want to know more?
Scan Me →**



ACKNOWLEDGEMENTS:
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