

EMERGENCY NUMBERS

fire brigade: 18

samu: 15

Single European emergency
number: 112

For further information on safety devices,
contact a swimming pool professional.

For further information:

- www.interieur.gouv.fr
- www.equipement.gouv.fr
- www.inpes.sante.fr
- www.jeunesse-sports.gouv.fr
- www.securiteconso.org



l'Assurance Maladie
sécurité sociale



Ref. 07 - 04821 - DE - RC Nanterre B 330 742 784 Photos : Titus Lacoste / agence 55 - Getty Images

Les réflexes
anti-noyade

Swimming pool must be protected
when you are in the pool
someone must keep an eye on me



Un réflexe en plus,
un risque en moins.



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sécurité sociale



Protéger votre enfant,
c'est sécuriser votre piscine



During the summer of 2003, 25 children under the age of 6 died among the 84 who were victims of accidental drowning in private swimming pools.

To reduce the number of drownings of young children, a new law* has been introduced.

Your obligations:

If your in-ground or semi-in-ground swimming pool is located outdoors, you need to fit it with a safety device that complies with the relevant standards.

If you are having a swimming pool built, it has been compulsory since 1 January 2004 to install a system that complies with standards as soon as it is put in the water.

If your pool was built before 1 January 2004, you have until 1 January 2006 to fit it.

If you rent out your house, your

Standardised equipment to equip your swimming pool :

A flexible or rigid barrier (standard NF P90-306) at least 1.10 m high between two support points, fitted with a gate, preferably self-closing.

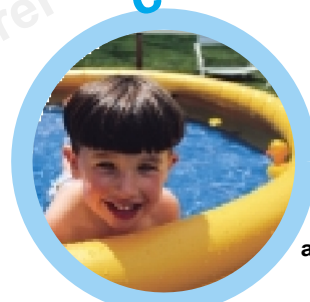
OR

An audible pool alarm (NF P90-307 standard)

swimming pool will have to be made safe from 1 May 2004.



Protéger votre enfant,
c'est toujours garder l'œil sur lui



Your child can drown in less than 3 minutes in 20 cm of water, without making a sound.

A safety device is no substitute for constant, active surveillance adults.

Whatever type of pool you have, never leave your child alone and...

placed on the surface of the water or around the pool.

OR

A flexible or rigid cover (NF P90-308 standard) to enclose the pool: automatic roller shutter, bar cover, cover stretched over the outside of the coping stones, rising pool floor.

OR

A swimming pool enclosure (NF P90-309 standard) that is fully and properly enclosed.

* cf. Law of 3 January 2003 and implementing decree no. 2003.1389 of 31 December 2003

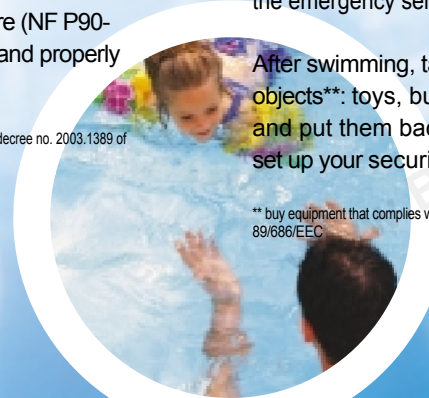
Designate a single adult to be responsible for supervision.

Equip your child with armbands**, a swimming costume with floats** or a lifebuoy** adapted to their size as soon as they are near the pool.

Place next to your pool: a pole, a buoy and a telephone to alert the emergency services as quickly as possible.

After swimming, take out all floating objects**: toys, buoys, inflatable objects and put them back in the water. set up your security system.

** buy equipment that complies with the PPE Directive 89/686/EEC



First aid in the event of drowning

When and how to act?

Is the victim breathing? Look to see if the chest rises and try to feel his breath on your cheek.

There are two possible cases:

- **The victim is breathing.** Turn him on his side and alert emergency services.
- **The person is not breathing.** Start with two breaths (mouth-to-mouth). If there is any reaction (coughing, movement, etc.) continue with mouth-to-mouth resuscitation. If the person does not react, perform cycles of cardiac massage and mouth-to-mouth resuscitation for 1 minute.
(see overleaf depending on the victim's age) and alert emergency services. If possible, have another person alert emergency services and continue manoeuvres until emergency services arrive.

In both cases, call emergency services (or have them called) as soon as possible.



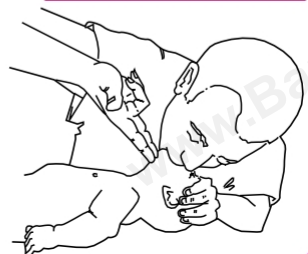
The principle is to pass fresh air from the rescuer's airways into the child's lungs.

The child's head must be tilted back, otherwise the tongue may block the passage.

Avoiding air leaks: in infants, with your mouth wide open over both your nose and mouth. For children, blow into the mouth, pinching the nostrils.

To be effective, insufflation must cause the victim's chest to begin to rise, without excess.

The frequency of insufflations is 15 to 20 per minute.



Cardiac massage

The principle is to compress the heart to maintain blood circulation, using a cycle alternating mouth-to-mouth (insufflation) and thoracic compression.

If the victim is under 8 years old, the cycle is :

ONE insufflation and FIVE compressions.

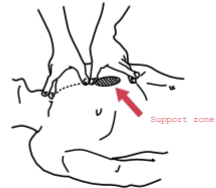
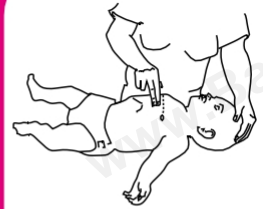
Beyond this age, the cycle is :

TWO breaths and FIFTEEN compressions.

The rules to follow :

- 1 Find the compression point :
in infants, one finger below the line joining the nipples; in children, on the top of the lower half of the sternum.
- 2 Compress the sternum by approximately 3 to 4 cm in children and 1 to 2 cm in infants.
- 3 The frequency of compressions should be 100 per minute, regardless of age.
- 4 When there are two of you, it is possible for one of you to do the compressions while the other performs the inhalations.

First aid must be continued until help arrives.



WARNING MUST ALWAYS BE GIVEN (18 or 15)

as quickly as possible, ideally within a minute.

If you are not alone, ask someone else to do it while you practise first aid.

If you are alone, practise first aid for one minute before raising the alarm and do not hang up.

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For more information and training, contact one of the following training organisations first aid.