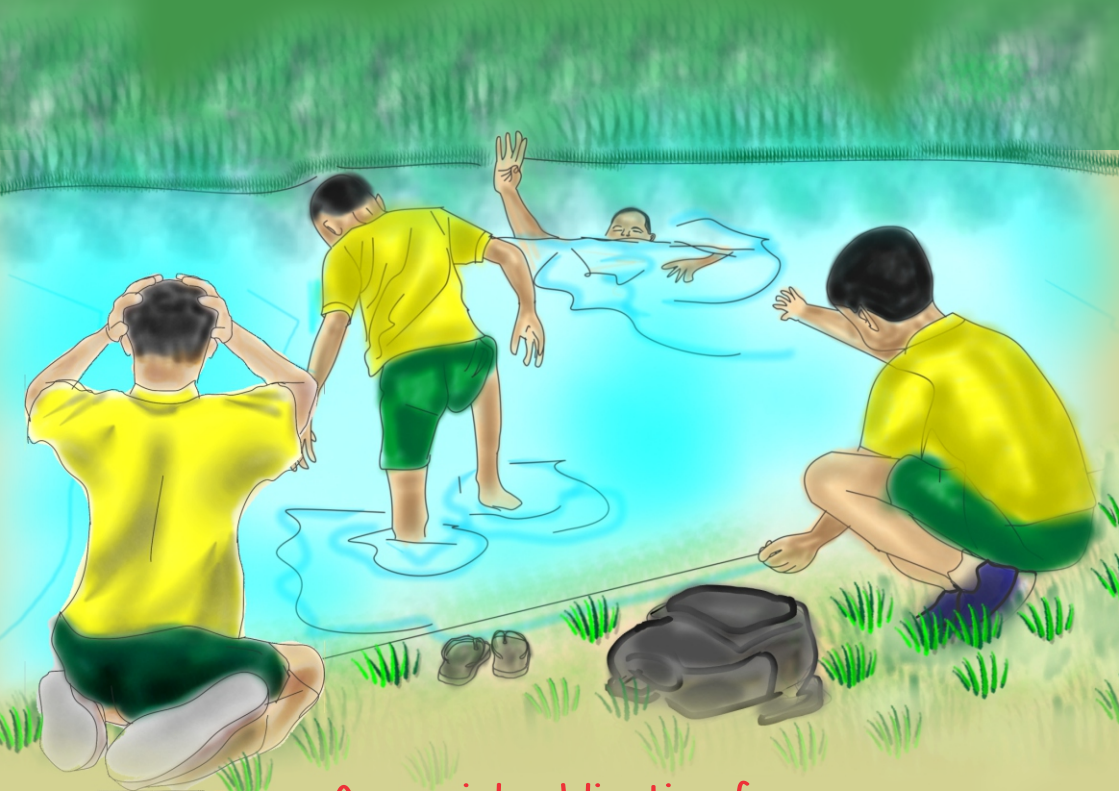


The Drowning Incident



A special publication for
The World Drowning Prevention Day 2024



CHS HUB

Sustaining Lives

The Drowning Incident

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The Drowning Incident:



In the humid and bustling town of Kaduna, Nigeria, amidst the honking vehicles and people rushing to work, three adventurous friends raced on. In what seemed like a competition, Emma, a spirited 14-year-old, led the pack towards a still, quiet river. Just a few meters from their school, a daily race to the river had become the highlight of the day for the boys since Haruna first discovered it several months back. The boys found themselves drawn to the river; its tranquil surface seemed to beckon on them with promises of joy and adventure.

Buoyed by their youthful exuberance, the boys continued towards the river while chatting excitedly about their last football match. “How do you manage to

be so fast?" Haruna could be heard asking as he gasped for breath.

The loud laughter of the boys echoed as they ventured farther into the river, eager to explore its depths. As the splash of thudding feet against the water grew louder, a shrill cry pierced the air. A cramp had seized Emma's leg, sending him thrashing beneath the water's surface. Panic gripped his heart as he struggled to stay afloat. Scared and confused, Haruna and Dele began to run towards the school to get help. Chima was confused had to join them. Emma, still gripped by panic, cried for help, but his cries were drowned out by the lapping waves.





The school premises erupted into commotion as Haruna and Dele rushed in, shouting for help. Teachers sprinted towards the river, dread knotting their stomachs.

Mr. Ayobami, who had constantly warned the boys about their secret adventures to the river, ran ahead of the other teachers. Without hesitation, Mr. Ayobami plunged into the water, guided by his years of swimming experience. By the time he reached Emma, the boy was



unconscious, his limp body gently swaying with the current. With trembling hands, Mr. Ayobami pulled Emma to the shore, where a crowd had already gathered.

A curious woman, who had been drawn to the scene by the cries of bystanders, pushed her way to Emma and began CPR. She checked if Emma was breathing by tilting his head slightly and listening carefully for normal breaths.



Then, the brave woman started chest compressions and gave 2 rescue breaths after every 30 compressions. Moments later, Emma began to cough,



and a collective sigh of relief swept through the crowd. Though shaken, the swift actions of everyone involved, gave Emma a fighting chance.

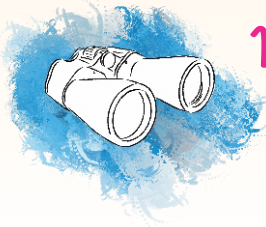
As Emma was rushed to the hospital, the community came together, grateful for the importance of first aid training and water safety education.

The Drowning Incident had left a lasting impression on the community, highlighting the need for lifesaving skills, not just in rivers but also in public and private pools.

Prevention and CPR Instructions:



Drowning, a leading cause of accidental death worldwide, often strikes swiftly and silently. Understanding its potential causes and taking preventive measures can significantly reduce its toll:

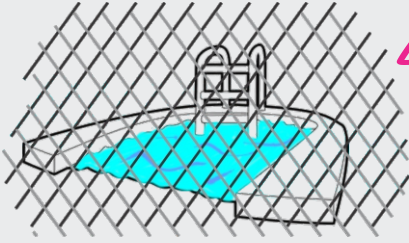


- 1** Supervision: Always supervise children near water, whether it's a pool, lake, or bathtub. Designate a responsible adult to keep watch.

- 2** Swimming Lessons: Enroll children and adults in swimming lessons to build water confidence and safety skills.



- 3** Life Jackets: Ensure everyone wears a properly fitted life jacket when boating or participating in water sports.



- 4 Barriers and Alarms: Install fences around pools and use alarms to alert you if someone enters the water unexpectedly.

Emergency Preparedness: Learn CPR (Cardiopulmonary Resuscitation) and basic first aid. Prompt intervention can save lives.



Performing CPR on a Drowning Victim:

If you find someone who has drowned and is unresponsive, follow these steps:

- 1 Check the Scene: Ensure the area is safe for both you and the victim. Move them to a dry, flat surface if possible.
- 2 Call for Help: If you are alone, call emergency services (911 or local equivalent) immediately before starting CPR.
- 3 Check for Breathing: Tilt the victim's head back slightly and check for breathing. Look, listen, and feel for no more than 10 seconds. If they are not breathing normally...
- 4 Perform Chest Compressions: Place the heel of one hand on the center of the chest (between

the nipples) and place the other hand on top. Push down firmly and rapidly (about 2 inches deep) at a rate of 100-120 compressions per minute.

5 Give Rescue Breaths: After 30 compressions, tilt the head back, lift the chin, and pinch the nose shut. Give two rescue breaths, watching for the chest to rise with each breath.

6 Continue CPR: Alternate between compressions and breaths in cycles of 30 compressions to 2 breaths until help arrives or the victim starts breathing on their own



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If you find someone who has drowned and is unresponsive. how do you Perform CPR on the Victim? Find out from the pages of these booklet.

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