



Explaining Drowning – Sudden Unexpected Drowning

Keith Sach – RLSS UK's Honorary Pool H&S Advisor

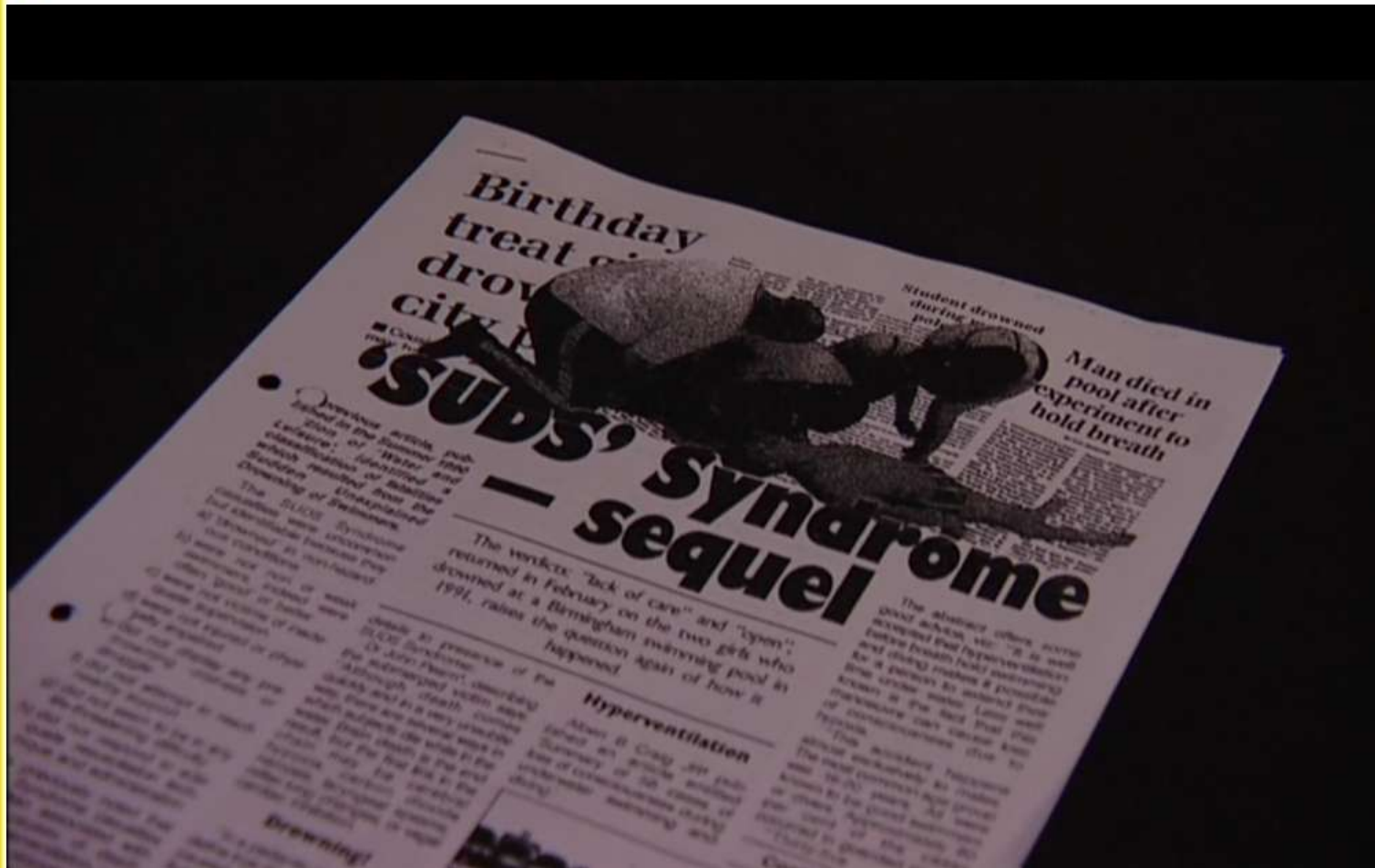




Tom Sanders

Formerly RoSPA's Water and Leisure Safety Advisor







Drowning prevention strategies require an understanding of the drowning problem



Unexpected features of drownings

- Non-hazardous conditions
- Capable swimmer
- Good supervision
- No injury / illness
- No signs of distress
- No self-rescue attempt
- No response to immediate CPR





Medical Research

- Vagal inhibition of the heart
- Hyperventilation





Implications of 'SUDS'

- For the pool operator
- For the pool Lifeguard





Pool Operator Implications

- 'Old' assumptions may be invalid
- Lifeguard training





Pool Lifeguard Implications

- 'Unexpected' vs. 'Expected'
- Prevent hyperventilation
- Intervention sooner rather than later

