#### What should I do if I think I'm being shocked while in the water?

- Move away from the source of the shock.
- Get out of the water. If possible, exit without using a metal ladder; touching a metal ladder may increase the risk of shock.

#### What should I do if I think someone in the water is experiencing an electrical shock?

- Immediately turn off all power. If the power is not turned off, rescuers can also become victims.
- Call or have someone else call 9-1-1 or the local emergency number.

The American Red Cross also recommends:

- Using a **fiberglass** Shepherd's crook/rescue hook, extend your reach to the victim and then follow these steps:
  - Brace yourself on the pool deck;
  - Extend the Shepherd's crook/rescue hook toward the victim;
  - If the victim cannot grasp the Shepherd's crook/rescue hook, use the loop to encircle the victim's body and pull him or her, face-up, to the edge;
- Carefully remove the victim from the water;
- Position the victim on his or her back:
- Tilt the victim's head and lift the chin to open the airway;
- Check the victim for breathing and, if the victim isn't breathing, give two rescue breaths:
- Check the victim for signs of circulation (normal breathing, coughing, or movement in response to rescue breaths) and
- If there are no signs of circulation, begin CPR:
- If there are signs of circulation, begin rescue breathing.

#### **U.S. Consumer Product Safety Commission**



(800) 638-2772

www.cpsc.gov

For more electrical safety information, check out. "Install Ground Fault Circuit Interrupter Protection for Pools, Spas, and Hot Tubs," at www.cpsc.gov/cpscpub/pubs/5039.html

For more information about safe swimming contact:

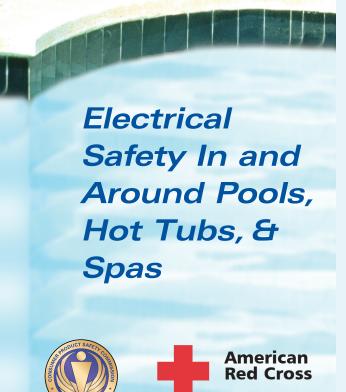


Together, we can save a life

(202) 303-4498

www.redcross.org

# Don't Swim With SHOCKS







www.cpsc.gov

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#### What is the problem?

There have been 60 electrocutions and nearly 50 serious electrical shocks, involving electrical hazards in and around swimming pools, since 1990. Some of these deaths and shocks happened during attempted rescues of shock victims because the rescuer did not know about the electrical hazards. Hot tubs and spas may present the same electrical hazards as swimming pools.

#### What is electrocution?

Electrocution is death by an electrical shock. Wet skin or wet surfaces (such as grass or a pool deck) can greatly increase the chance of electrocution when electricity is present.

#### Where would I find electricity around pools, hot tubs, and spas?

- underwater lights
- electric pool equipment pumps, filters. vacuum, etc.
- extension and power cords
- electrical outlets or switches
- radios, stereos. TVs and other electrical products
- overhead power lines

### How do I know if I or someone else may be receiving an electrical shock?

- Swimmers may
  - · feel a tingling sensation.
  - experience muscle cramps, and/or
  - not be able to move at all and/or feel as if something is holding them in place.
- You may see
- unsettled or panic behavior by others in the water.
- one or more passive or motionless swimmers in the water,
- · swimmers actively moving away from a specific area or from a motionless swimmer, and/or
- · underwater lights that are not working properly (e.g. lights are on when they should not be on, lights flickering).
- The pool operator or lifeguard received earlier complaints of tingling or other odd sensations.

## Ways to Protect Yourself and Others From Shock or Electrocution

