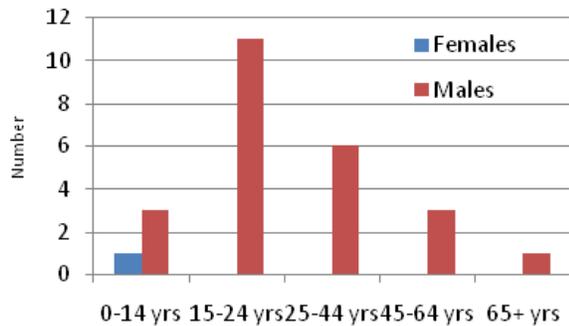


FIGURE 3: NUMBER OF DROWNING DEATHS IN EYYOU ISTCHEE BETWEEN 1985 AND 2006, BY AGE GROUP AND SEX



What helps to prevent drowning?

There are some ways you can protect yourself and your family against drowning.

SWIMMING AND PLAYING NEAR WATER

- ◆ Children and adults should learn to swim.
- ◆ Young children should be watched whenever they are near water. You may also want to give them a lifejacket to wear.

SNOWMOBILES

If you need to travel over the ice on a snowmobile, you can protect yourself and others by...

- ◆ Measuring the ice thickness first, or speaking with someone who did measure it.
- ◆ Seeking advice on ice and snow conditions from someone experienced.
- ◆ Wearing a floater suit. If you don't have a floater suit, wear a lifejacket over a regular skidoo suit.
- ◆ Skidooning with someone else, not alone.
- ◆ Carrying a throw rope and survival gear, so you can help the other person if they go through the ice.¹



ADULT BOATERS

If you are an adult boater, you can protect yourself by...

- ◆ Avoiding alcohol.
- ◆ Checking the weather before you set out.
- ◆ Observing load limits—not overloading the boat.
- ◆ Having a lifejacket for every person on board, and being sure to wear it if the water is cold. Cold water makes your muscles weak, and may make it hard to put on a lifejacket.
- ◆ Wearing a floater suit (survival suit) if the water is very cold.²
- ◆ Obtaining your Boat Safety certificate. (Contact the Cree Trappers' Association for courses.)

About these statistics

The statistics in this factsheet are drawn from a larger report called *Injuries in Eeyou Istchee: Analysis of Mortality and Hospitalization Statistics 1985-2007*. They are based on mortality records for the years 1985 to 2006, and hospitalization records for the fiscal years 1987-88 to 2007-08. The report was prepared for the Public Health Department of the Cree Board of Health and Social Services of James Bay.

References

1. Auer, Anna (2002). *Working together to reduce snowmobiling injuries*. Unpublished document prepared for the First Nations and Inuit Health Branch of Health Canada.
2. Canadian Red Cross (2003). *What we have learned: 10 years of pertinent facts about drownings and other water-related injuries in Canada, 1991-2000*. Ottawa: Canadian Red Cross Society.

Copies of this factsheet may be found at:
<http://www.creehealth.org>