



Preventing Electric Shock Drowning (ESD)

Electric shock drowning is when electricity in the water causes paralysis that can cause injury or drowning. Swimmers may also feel a tingling sensation or experience muscle cramps.

As swim season approaches, safety in and around water is a top concern. Many people are unaware of an invisible, yet deadly, danger is known as “electric shock drowning” in the water. Electric shock drowning can occur in pools, hot tubs, on and around boats, docks, and piers.

Electric shock drowning can be avoided by keeping electrical systems in good working order and by not swimming near boat docks and marinas.



SIMPLY SHOCKING

BE AWARE OF ELECTRICITY USAGE NEAR WATER

- Underwater lights
- Extension and power cords
- Radios, stereos, TVs, and other electrical products
- Electric pool equipment such as pumps, filters, vacuum, etc.
- Electrical outlets or switches
- Overhead power lines

BOAT LANDING AND DOCKS

- Avoid entering the water when launching a boat.
- Find a swimming location at least 50 yards from electrically powered docks.
- Have the boat’s electrical system inspected by a qualified marine electrician to ensure it meets the required codes.
- Have ground fault circuit protection (GFCI and GFPE) installed on the boat’s circuits and test them monthly.

SWIMMING POOLS

- Pool or hot tub wiring should be conducted by an experienced electrician.
- Have electrical devices periodically inspected by a licensed electrician.
- Signs of mold or other growth on the inside of the underwater light’s lens can indicate water leakage.
- Always have dry hands and feet, and wear dry rubber-soled shoes while using electrical products.
- Use battery-powered products, whenever possible.

SWIMMER ALERT

IF YOU FEEL A SHOCK SENSATION IN THE WATER, TAKE ACTION:

- **SWIM AWAY** from the dock or boat.
- **SHOUT OUT** to alert others to shut off power to the dockyard, pool, or boat. Swimmers and rescuers may become victims if the power is not switched off.
- **GET OUT OF THE WATER** the way you came.

Other Tips:

- Use a fiberglass shepherd’s rescue crook to pull the person back in.
- If you have been shocked; go to the hospital for evaluation.
- Call 9-1-1.

