**IS THERE SAFETY IN NUMBERS?**

Keeping You Safe: **Public Safety**

**Cross Departmental Team Awareness Campaign**

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**STORM WATCH 2021**

Get Ready, Have a Plan.

An **Original PBC TV Series**

**IMPORT, EXPORT, YOUR PORT**

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**WHERE TO WATCH PBC TV:**

<table>
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<tr>
<th>Provider</th>
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<tr>
<td>Comcast® Xfinity®</td>
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<td>AT&amp;T® U-verse®</td>
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<td>Hotwire® Fision®</td>
<td>Digital Access Channel 20</td>
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<td>Atlantic Broadband®</td>
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Watch live online or view our latest online programs anytime on demand at [www.pbcgov.com](http://www.pbcgov.com)

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**LIVE COVERAGE**

**BOARD OF COUNTY COMMISSIONERS**

Watch Every Meeting **LIVE!**

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Co-Hosts of *Keeping You Safe*, **STEPHANIE SEJNOHA** and **REGENIA HERRING**
<table>
<thead>
<tr>
<th>Day</th>
<th>Meeting</th>
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<tr>
<td>Sunday</td>
<td>Community Bulletin Board</td>
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<td>Monday</td>
<td>Critical Minutes</td>
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**Programs are subject to change.**

Community Bulletin Board: Provides information about upcoming events, meetings, and other community activities.

Critical Minutes: A program that discusses important issues and legislation in the community.

Community Connection: A program that provides updates on local news and events.

Adopt A Friend: A program that highlights local organizations and their needs for volunteer workers.

Stormwater: A program that focuses on issues related to water conservation and management.

inView: A program that provides insights into local events and activities.

County Connection: A program that provides updates on local news and events.

Behind The Star: A program that focuses on local celebrities and their careers.

What would you like to see on PBC TV? If you have questions, comments or suggestions on PBC TV programming, please contact us. You can give us a call at 561-355-4573, or contact us online at pbcgov.org. We welcome your feedback!
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<th>THURSDAY</th>
<th>FRIDAY</th>
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<td><strong>1</strong></td>
<td>8:30 AM REPLAYS 7/27 Lake Okeechobee System Operating Meeting 7/28 BCC Comp. Plan Hrg.</td>
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<td>9:00 AM Zoning Comm. Hearing 1:30 PM Comm. on Ethics Mtg. 6:00 PM REPLAY 8/5 Zoning Comm. Hearing</td>
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**Legend:**
- **Live Meeting Coverage**
- **Meeting Replays**
- **School Board - Live**
Dear Palm Beach County Residents:

It is an honor to have the work of Palm Beach County Public Safety Cross-Departmental Team featured in PBC TV-Channel 20, August 2021 Edition.

The Public Safety Cross-Departmental Team is part of a larger effort by the Board of County Commissioners and County Administration to improve how safety-related services are delivered to you. This team is one of six Cross-Departmental Teams created to address the County’s Strategic Priorities, which are: Public Safety, Economic Development, Housing and Homelessness, Environmental Protection, Infrastructure, and Substance Use and Behavior Disorders.

The goals of the Public Safety Cross-Departmental team are to:

1. Prepare for, respond to, and recover from all emergencies;
2. Ensure the overall safety of our community;
3. Improve the overall health of our community; and
4. Improve the overall well-being of our community

Public safety is about keeping you safe. Keeping you safe centers on the work of 13 departments (Airports, Community Services, Cooperative Extension, Criminal Justice Commission, Fire Rescue, Library, Financial Management and Budget, Parks and Recreation, Planning, Zoning, and Building, Public Safety, Risk Management, Water Utilities, and Youth Services) teaming up to provide safety-related services to you and to better coordinate how these services are delivered to keep you safe.

This PBC TV-Channel 20 Guide is one of many ways this team plans to share information with you to become more aware of the safety-related services the members of the Public Safety Cross-Departmental Team offer and perform to keep you safe.

If you would like more information on the Public Safety Cross-Departmental Team, please contact Co-Chairs Stephanie Sejnoha at (561) 712-6470 or Regenia Herring at (561) 355-4943.
Message to Readers,

Drowning does not discriminate. Regardless of age, race, gender, socioeconomic background or swimming capability, a drowning incident can occur at any time.

The Florida Department of Health states “drowning is everyone’s responsibility.” Within seconds, water can be dangerous and deadly. It only takes up to two inches of water for a person to drown. In the case of a water related incident, it’s important to know what to do.

Did You Know?

- Every day, about 10 people die from unintentional drowning. *(Centers for Disease Control and Prevention)*
- Florida leads the country in drowning deaths of children ages 1-4. Annually in Florida, enough children to fill 3 to 4 preschool classrooms drown before their fifth birthday. *(Florida Health Department)*
- In Palm Beach County, adults aged 20-25 have the highest drowning rate based on population, followed by seniors 75+ and children ages 1-4 from 2016-2019. *(Drowning Prevention Coalition)*
- Palm Beach County averages 48 drowning deaths per year. *(Drowning Prevention Coalition)*
Adult Water Watcher During Gatherings

- Rotate responsibility with other sober adults every 15 minutes, if possible (wear identifying object).
- Watch the body of water without distraction. (e.g., No cell phone, reading, talking or eating)

**Learn to Spot a Drowning Victim:**

- Silent - There is no spare breath to call for help.
- Bobbing up and down - Mouth sinks below the water’s surface, pops up just enough to breathe and sinks back down.
- Stiff-armed - Instead of waving for help, arms are out to the side, hands pressed down on the water to keep afloat. Cannot even reach out to grab a life preserver.
- Still - No kicking, body will be straight up and down, almost like standing in water.

Always Swim in Front of a Lifeguard

- Palm Beach County has many lifeguarded bodies of water to enjoy. Seek out these areas first!

Adaptive Aquatics*

Those with Autism and related disabilities are more susceptible to drowning, hence, the need for swim lessons.

- Ensure instructor has the necessary qualifications to teach adaptive aquatics.
- If a child goes missing, **Call 911** and search nearby bodies of water; caregivers need to stress the importance of water dangers to child(ren).
- Inform first responders of the special needs individual at residence.

*Appropriate aquatic instruction and programing for individuals with disabilities.
**Bathroom Safety**

- Never leave a child alone in the bathroom, especially while bathing.
- Keep toilet lids closed and buckets upside down.
- Always drain bathtub after use.
- Test bath water with inside of wrist to ensure water is warm and not too hot.

**Backyard Safety**

- Have layers of protection and rescue equipment. (e.g., shepherd’s hook, life ring, fencing w/self-latching, self-locking gate, pool alarm, gate alarm, and door alarm)
- Be on guard, if there is an emergency, **Call 911**; **Reach** a long object out to the person in trouble, while lying down on the ground; **Throw** an object that floats out to the person; **Don’t Go** jumping in after someone if they are drowning, because they can drown you.
- Above ground pools, remove ladders when not in use and any toys laying about.
- Teach children to stay out of dirty water (e.g., lakes, ponds, and canals). These locations contain bacteria, animal waste, debris, and other hazards.
Beach Safety

• Escape rip currents. Don’t fight, swim left or right or float and yell for help.
• Know color of flags (Red, Yellow, Green, Purple).
• Always swim at a lifeguarded beach.

Boating Safety

• Always wear properly fitted, U.S. Coast Guard approved life jackets.
• Designate a sober skipper.
• Share your trip itinerary (float plan) with friends/family in case of emergency.
• Always keep an eye out for divers and their flags along with marine life.
• Have an Emergency Position Indicating Radio Beacon (EPIRB) on board to notify rescue personnel of your position, in case of an emergency.
Cardiopulmonary Resuscitation - CPR or Automated Electronic Defibrillator (AED)
IMMEDIATELY PHONE 911 AND BEGIN CPR

**Please note:** For a trained lay rescuer who is able and for all healthcare providers, the recommendation per the American Heart Association remains for the rescuer to perform both compressions and ventilation on a drowning victim (rescue breaths).
Classes in Swimming for Children and Adults - Never Too Late to Learn

- There are different programs available: survival swim lessons, individual swim lessons and learn to swim programs. It is up to the consumer to do the research and figure out what is best for themselves or family.
- Many are available starting at 6 months of age.
- Use a water safety instructor with proper credentials.
- Free/reduced cost swim lessons are offered through Drowning Prevention Coalition of Palm Beach County.

Classes in Swimming

Find an aquatic facility in your area for water safety swim lessons.

Swimming lessons do not replace barriers, such as pool fencing and alarms.

Swimming lessons are not a substitute for adult supervision and vigilance.

Before signing up for swim lessons, consider the following:

- Avoid programs that claim to offer drown proofing techniques. Everyone is susceptible to drowning even if they know how to swim.
- Only choose programs that offer swim instructors certified by a nationally recognized program as required by the Florida State Statutes.

Note: Water Safety Lessons do not “Drownproof” a child. Continue with lessons throughout the year to enhance life saving skills. Please call the aquatic facilities on the next 2 pages regarding information on days and times of lessons.
Drain Safety
• Have compliant drain covers per Virginia Graeme Baker Pool and Spa Safety Act. Not sure if your pool drain is in compliance? Is your pool missing a drain cover? Check with a certified pool professional for more information.
• Stay away from all pool and spa drains to prevent suction entrapment.
• Confirm location of emergency cut-off switch to pool pump.

Dive Safety
• Never dive head first in bodies of water less than 9 feet when you’re unsure of the water’s depth, or when you can’t visually see the bottom.
• Always dive with a buddy and use a dive flag in the ocean.
• Check weather and water conditions before every excursion.

Driving Safety
• If a vehicle enters a body of water: Stay Calm, Unbuckle Belt, Roll Down Window, Exit Vehicle.
• Have a rescue escape tool with a seatbelt cutter in close proximity. (i.e., center console, key chain, velcro to visor)
• Know whether or not side windows are laminated (not breakable) or tempered (breakable).
Monitor threatening weather.
Be aware of thunderstorm watches and warnings and look for darkening skies, flashes of lightning or increased wind, which may be signs of a developing or approaching thunderstorm.

Check the latest forecast prior to a practice or event. Postpone activities if necessary.
If thunderstorms are forecasted, most often during the summer months, consider postponing activities early to avoid being caught in a dangerous situation.

When thunder roars, go indoors.
If you hear thunder, you are likely within striking distance of the storm. Suspend your activity immediately and instruct everyone to get to a safe structure. Avoid sheds, small or open shelters, dugouts, bleachers, or grandstands, and stay off corded phones and away from wiring or plumbing. If a sturdy building is not nearby, a hard-topped metal vehicle with the windows closed will offer good protection.

Consider an app for your mobile device.
Apps for mobile devices are now available that provide access to a local network of lightning sensors. This may be an additional resource for you to assess surrounding weather conditions and practice personal safety.

There is no safe place outside when thunderstorms are in the area.
Did you know that lightning kills more people in Florida than all other weather hazards combined? Please use the following tips to stay safe in the event of an oncoming thunderstorm.

In accordance with the provisions of the ADA, this document may be requested in an alternate format. Please call 966-6664.
1. Have you ever heard the Drowning Prevention Coalition of Palm Beach County?  □ Yes  □ No
2. Did you know the Coalition offers free/reduced cost swimming lessons for eligible children ages 2-12 and their immediate caregivers? □ Yes  □ No
3. Did you know DPC provides free, virtual and land-based water safety presentations for all age groups? □ Yes  □ No
4. How likely are you to attend a free virtual water safety presentation? □ Very Likely □ Somewhat Likely □ Maybe Not □ Definitely Not
5. How likely are you to attend a free land-based water safety presentation? □ Very Likely □ Somewhat Likely □ Maybe Not □ Definitely Not
6. Did you know that the third leading cause of drowning in the County is motor vehicle crashes in canals? □ Yes  □ No
7. Did you know that adults and seniors have the highest drowning rates in the County based on population? □ Yes  □ No
8. Were you aware that a lapse in adult supervision is a major factor in why children ages 1-4 drown? □ Yes  □ No
9. Were you aware that swimming alone is a major factor in why adults drown? □ Yes  □ No
10. What is the best way to get water safety information to you? □ PBC TV Channel 20 □ Other TV Broadcast □ Radio □ Newspaper □ Family/Friend □ County Website □ Facebook □ Instagram □ Twitter □ Other
11. Would you like to receive more printed information about water safety by mail? □ Yes  □ No

Comments: ____________________________________________

Please complete the information below and mail or fax to (561) 656-7523

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