

# WATER SAFETY – STAY SAFE THIS SUMMER

## Cold water can kill – even on warm days

- Cold water shock can happen suddenly causing panic and loss of breathing control
- Even strong swimmers can get into difficulty very quickly

## Stay safe near water

- X** Never jump straight into open water
- X** Avoid swimming alone – stay with others
- X** Do not mix alcohol with water activities
- X** Always supervise children closely
- X** Follow safety signs and local advice

## Know the risks

- Water is colder than it looks
- Hidden currents or deep water may be present
- Edges can be uneven or slippery

## FLOAT TO LIVE

- Stay calm, control your breathing.
- Lean back, tilt your head back, ears submerged and float on your back
- Move your hands and legs to stay afloat
- Your legs may sink that's OK
- Keep your airway clear
- When calm, call for help

## In an emergency – CALL 999 OR 112

- Call the emergency services
- Do not enter the water
- Use a lifebuoy or rope if available

