



Our job is to teach
you how to stay safe
around water



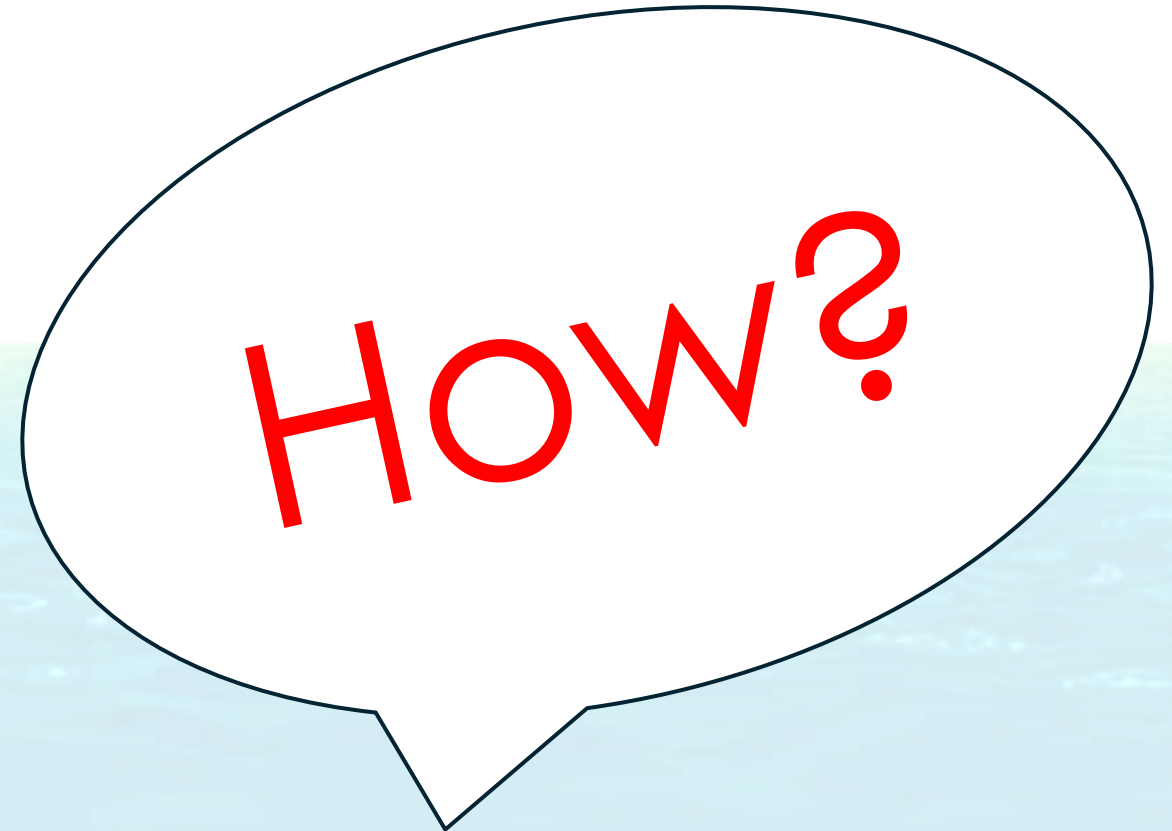
Your job is to listen
carefully and learn



Water Safety

Most people who are rescued from water have entered accidentally.

Slipping, tripping or falling whilst running, walking or cycling.





WATER SAFETY

Some people put themselves in danger by choosing to swim and jump into water where it is not safe.

Strong currents, dumped rubbish, strong winds, pollution and water temperatures can all be hidden dangers.



EVEN THE STRONGEST SWIMMERS CAN GET INTO TROUBLE IN THE WATER

Hurting themselves when they fall in

Getting caught on hazards hidden below the water's surface

Getting caught in strong currents

Suffering from cold water shock

Even in the middle of summer, the water in rivers, lakes and canals rarely rises above 12 degrees.



COLD WATER SHOCK

Falling or jumping into water at this temperature causes dangerous responses in your body:

Panicking & gasping for air

Numbing of arms & legs

Feeling confused

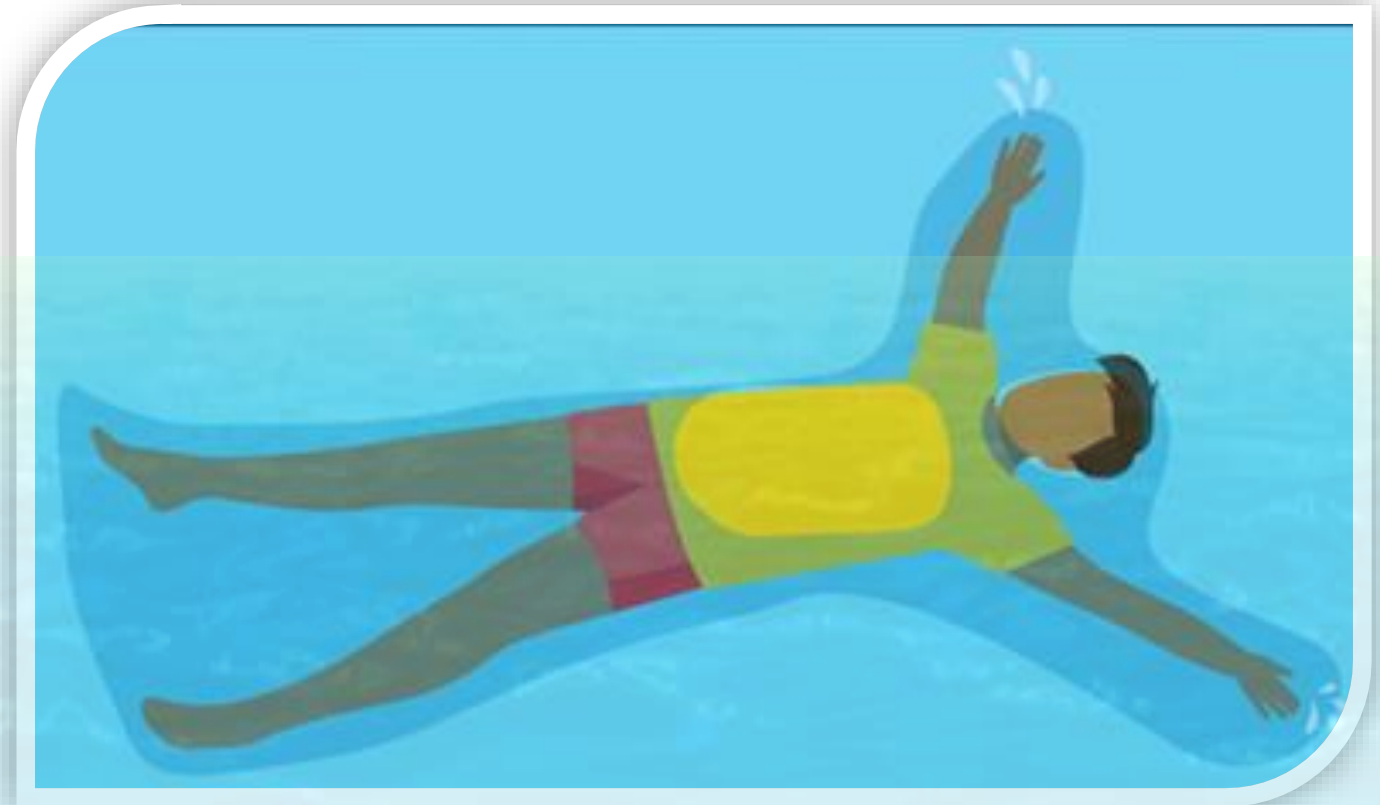
Increased heart rate

All of which stop you being able to swim!

FLOAT TO LIVE

If you get into trouble in the water, make sure you know how to 'Float to Live'.

- Lie back in a starfish shape
- Move arms & legs gently to stay afloat
- Calm your breathing
- Shout for help





SOMEONE STRUGGLING IN WATER

If you jump in to help, you put yourself in danger too!

**ALWAYS
Call 999**

NEVER!



If you are at the beach the coastguard will come to help you.

If you are at inland open water the fire service will come to help you. This includes rivers, lakes, canals, quarries and reservoirs.



WHAT SHOULD YOU DO IN A WATER EMERGENCY?

Call 999 immediately

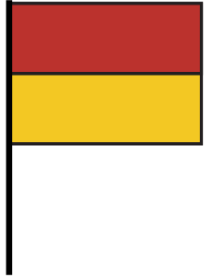
Tell the person to lie on their back and 'Float to Live'

Throw something that floats – safety equipment or even a football!



STAYING SAFE AT THE BEACH

Look for the red and yellow flags and swim between these



Never use inflatables – it's very easy to be blown out to sea - save these for the pool instead

Stay within your depth and only enter the water if there is a lifeguard





STAYING SAFE ON THE WATER

Always wear a lifejacket if you are taking part in any kind of activity on the water.





SAFETY EQUIPMENT NEAR WATER

When you're near water, look around to see if there is any safety equipment just in case you need it.

Each place you go might have different safety advice displayed too.

You might see...

SAFETY EQUIPMENT NEAR WATER



A lifebuoy



A rescue cabinet



Safety signs

Question Time

1. What should you do if you are in trouble in the water ?



FLOAT
TO
LIVE

2. What number do you call if someone needs help in the water?

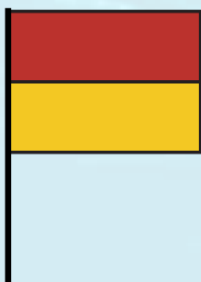
999

3. What should you wear when you are doing a water activity ?



Life
Jacket

4. Where is safe to swim?



Where
there is a
Lifeguard

5. Should you ever enter the water to help someone in trouble ?



Never



A QUICK REVIEW

ALWAYS call **999** if someone is struggling in the water

You should NEVER enter the water to help someone struggling

FLOAT TO LIVE saves lives

Even strong swimmers get into trouble in the water

There are hidden dangers in all types of water

You should always wear a life jacket when doing a water activity

Look out for safety equipment and advice near the water

Stay away from the water's edge when walking, running or cycling

ALWAYS swim where there is a Lifeguard



Remember...



1. **NEVER** enter the water to help someone
2. **ALWAYS** call **999** and wait for help
3. Water is fun but **ALWAYS** dangerous