



Lifeboats

Struggling in the water?

Using the float method greatly increases
your chances of survival.

Practise it today – it could one day
save your life.

Tilt your head
back with ears
submerged

Relax and move
your hands to help you
stay afloat

Remember it. Practise it.

FLOAT TO LIVE

Photo: RNLI


#RESPECTTHEWATER

The RNLI is the charity that saves lives at sea

The Royal National Lifeboat Institution, a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (CHY 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (1308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HZ

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