

# Be Notified in Constant of Con







### Take your litter home especially glass bottles

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Stay safe, tell Fire Control the location, size and any relevant information.

#LookAfterLancashire



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WATER

## COLD WATER KILLS it's more dangerous than it looks

As temperatures rise, it's tempting to cool off with a swim in a river, canal, lake or reservoir. Lancashire Fire and Rescue Service is regularly called to rescue people who have got into trouble in the water.

## WHAT ARE THE DANGERS?

#### A There is no supervision.

- A The cold water temperature can claim your life in minutes even if you are a strong swimmer.
- ▲ It's difficult to estimate the depth of the water. It may be much deeper or much shallower than expected.
- A There are often no suitable places to get out of the water due to steep slimy banks or sides.
- There is no way of knowing what lies beneath - there could be weeds, pipes, shopping trolleys, sharp metal or broken bottles.

- ▲ Swimming in open water can lead to a variety of serious illnesses. There may be hidden currents. Flowing water or swimming in the sea can be especially dangerous.
- Alcohol and swimming don't mix perception and capability are both affected by drinking.

#### Enjoy the water safely this summer



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