

Lancashire Fire and Rescue Service

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?

- ⚠ There is no supervision.
- ⚠ 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.
- ⚠ 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



making Lancashire safer

www.lancsfireandrescue.org.uk

SCAN ME



ALWAYS FOLLOW THE WATER SAFETY CODE

Whenever you are around water:

STOP AND THINK

Take time to assess your surroundings.
Look for the dangers and always research local signs and advice.

STAY TOGETHER

When around water always go with friends or family.
Swim at a lifeguarded venue.

In an emergency:

CALL 999

Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast. Don't enter the water to rescue.

FLOAT

Fall in or become tired - stay calm, float on your back and call for help.

Throw something that floats to somebody that has fallen in.

Enjoy Water Safely

Learn basic lifesaving and CPR skills.
Visit www.rlss.org.uk

LEARN TO FLOAT

If you get in trouble
in the water, don't
panic – follow
these steps:

1



Keep calm. Don't swim hard.
Hold onto anything that floats.

2



Lean back to keep your mouth
and nose out of the water.

3



Push your belly up and
stretch out your arms and
legs into a star shape.

4



Gently move your hands
and feet to help you float.

5



Do this until you feel
more relaxed.

6



When you're calm, raise your
arm and shout for help.
Swim to safety if you can.

For anybody in difficulty in the water -
Float to Live:

- 1  **Tilt your head back**
with ears submerged
- 2  **Relax**
and try to breathe
normally
- 3  **Lie on your back**
with your arms and
legs spread out
- 4  **Move your arms**
to help you stay afloat
- 5  **When you are calm,**
call for help or
swim to safety



Scan here for more **water**
safety advice and resources



Lancashire Fire
and Rescue Service



**COLD
WATER KILLS**
IT'S MORE DANGEROUS THAN IT LOOKS

EVERY YEAR PEOPLE DROWN IN LANCASHIRE

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WHAT SHOULD I DO IF I SEE SOMEONE IN DIFFICULTY?

Alert someone, preferably a lifeguard. Dial 999 and ask for the fire and rescue service if you are at a river, canal or reservoir and ask for the Coastguard if you're at sea. Explain your location clearly and describe any landmarks.



ENJOY THE WATER SAFELY THIS SUMMER

- ✓ Swim somewhere safe, like the swimming baths.
- ✓ Obey the warning signs around reservoirs, lakes, canals, rivers and at the beach.
- ✓ Value your own safety first - jumping into the water to rescue pets or belongings can be highly dangerous.
- ✓ Know what to do in an emergency - ring 999 and explain your location clearly and describe any landmarks.
- ✓ Enjoy organised water sports in a safe environment - with the correct equipment and a qualified instructor.



Water safety tips

Be safe at inland water sites

On average, more than 400 people drown in the UK each year. Nearly 60 of these are children and young people.

We believe that the majority of drownings are preventable.

Make sure that you and your loved ones are not counted in next year's drowning figures.

Here are some important water safety tips to help you stay safe:

Inland water sites

More people drown in inland waters than coastal or at sea (e.g. in rivers, canals, lakes, lochs, reservoirs and ponds).

1. Swim at lifeguarded lakes.
2. When around water, stay back from the edge. At least 22% of people who drown fall into the water by accident (e.g. whilst out fishing, running or walking).
3. Remember that lakes and rivers remain cold all year round (warm shallow areas

just a few metres from the shore can be misleading about the temperatures further out).

4. Always wear a buoyancy aid or lifejacket for activities on the water or at the water's edge (such as when boating or fishing).
5. Never enter the water after consuming alcohol.

For more information on being safe in, on and near water, visit www.rlss.org.uk

Discover fun ways to learn water-based personal survival and rescue skills, for all ages, by checking out our National Lifesaving Award Programmes. Or become involved by joining a local lifesaving club.

www.rlss.org.uk



www.drowningpreventionweek.org.uk

The Royal Life Saving Society UK is a registered charity in England and Wales (no 1046060) and Scotland (SC037912), plus Company Limited by Guarantee (no 3033781). RLSS UK is a member of the RLSS Commonwealth (incorporated by Royal Charter).

Be Wildfire aware this summer...



Call 999
if you discover a fire

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

#LookAfterLancashire

www.lancsfirerescue.org.uk



SCAN ME

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