

BE

WATER

AWARE

The water can look inviting, but it can be more dangerous than you think, so here are some top safety tips:

- Never swim alone in case you need help
- Don't drink alcohol when undertaking water related activities, it impairs judgement and your ability to swim
- Avoid walking routes near water if you have been drinking alcohol
- Supervise children in and around water - drowning can happen fast and silently
- Don't dive or jump straight into open water, this can cause potentially fatal cold water shock even on the warmest day
- Take care around the water when walking or jogging - many who struggle in the water did not intend to go into the water in the first place

#safe4summer

If you find yourself in the water:

- Take a minute. The initial effects of cold water pass in less than a minute so don't try to swim straight away
- Relax and float on your back to catch your breath. Try to get hold of something that will help you float
- Keep calm then call for help or swim for safety if you're able

If you see someone else in the water:

- Do not go into the water to rescue them. You could get into trouble yourself
- Call 999 and ask for the fire service and be as precise as you can with the location
- Tell the struggling person to float on their back in a star shape
- Throw something that may help them float – like a branch, an inflatable ball or even a water bottle

 what3words

Download the what3words app to help give emergency services your precise location

Follow these safety tips and enjoy a safe time by the water.

Find out more by visiting

www.northantsfire.gov.uk/safety/water-safety

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