



Topic: - Water Safety Float to Live

Be Aware

Drowning is preventable 'Float to Live'

5 Steps you need to know to float

- If you fall into water, fight you instinct to thrash around
- Lean back, extend your arms and legs
- If you need to, gently move them around to help you float
- Float until you can control your breathing
- Only then, call for help or swim to safety

Lifeboats

FIGHT YOUR INSTINCT, NOT THE WATER

FIGHT YOUR INSTINCT TO PANIC OR SWIM HARD

LEAN BACK IN THE WATER TO KEEP YOUR AIRWAY CLEAR

FLOAT YOUR BODY UP, EXTEND YOUR ARMS AND LEGS, PUSHING YOUR STOMACH UP

ACTIONS GENTLY MOVE YOUR HANDS AND FEET TO HELP YOU FLOAT

TIME IN 60-90 SECONDS YOU'LL BE ABLE TO CONTROL YOUR BREATHING

If you fall unexpectedly into water, fight your instinct to swim until cold water shock passes.

Regain control of your breathing by floating to increase your chances of staying alive.

Help save lives. Share our Float to Live advice.
RNL.org/RespectTheWater

Royal National Lifeboat Institution (RNLI), a charity registered in England and Wales (209603) and Scotland (SC037736). Registered charity number 20003326 in the Republic of Ireland.

RESPECT THE WATER
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The Facts

WATER SAFETY



Water Safety

During the school holidays, and in particular in hot weather, increasing numbers of children are drowning. On average, there are 50 of these tragedies each year in the UK.

Keep reading to see our top tips on how to stay safe around open water.



The water is often far deeper than people think.



It's very cold, and can quickly cause cramp and breathing difficulties.



It may contain hidden rubbish and debris such as shopping trolleys and broken glass which can cause injuries and drowning.



Sometimes it can be polluted and makes them very ill.

Risks to consider in open water include:

- The shock of cold water can make swimming difficult and increase the difficulty in getting out of the water
- Lack of safety equipment and increased difficulty for rescue
- The height of the fall or jump if tombstoning
- The depth of the water – this changes and is unpredictable
- Underwater objects and hazards may not be visible
- Obstacles or other people in the water
- Strong currents can rapidly sweep people away
- Uneven banks and river beds
- Water quality, e.g. toxic algal blooms and industrial agricultural pollution

Your local prevent team

For further advice on Water Safety please contact your local Prevent Team on 01785 898719 or via email: - WSDGPreventTeam@staffordshirefire.gov.uk.

Please remember to report an emergency please call 999 and ask for the Fire Service.