

COLD WATER KILLS

IT'S MORE DANGEROUS THAN IT LOOKS



For anybody in difficulty in the water

FLOAT TO LIVE:

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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

WHAT SHOULD I DO IF I SEE SOMEONE IN DIFFICULTY?

PHONE

Call **999** and ask for the right service.

If you are inland, ask for **Fire and Rescue Service**.

If you are at the coast, ask for the **Coastguard**.

FLOAT

Tell them to float on their back and try to keep calm.

THROW

Throw them something that floats.

ENJOY THE WATER SAFELY THIS SUMMER

For more information on how to Float to Live, visit:
www.lancsfireandrescue.org.uk/water-safety