



#RESPECTTHEWATER

A quarry lake can look very inviting on a hot summer's day but can be a killer

The impact of cold water and other hazards can put even strong swimmers at risk.

Remember that warning signs and fencing are there to protect you.

Please choose to enjoy water based activities where it is safe to do so.

If you are in trouble in the water:

'Float to Live'

– tilt your head back with ears submerged. Relax and move your hands to help you stay afloat.

Once you have adjusted to the water look for a place to exit – call for help.

If you see someone in difficulty, resist the temptation to enter the water to try and save them.

CALL – TELL – THROW

CALL 999 and ask for the Fire and Rescue Service at inland water, and the Coastguard at the coast

TELL them to stay calm and float on their back

THROW them something that floats or find something to reach them and pull them in



respectthewater.com | www.mineralproducts.org/Campaigns/Stay-Safe.aspx



Lifeboats

If you're struggling in the water ...

**Tilt your head back with
ears submerged**

**Relax and move
your hands to help
you stay afloat**

Remember it. Share it.

FLOAT TO LIVE


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Photo: RNLI

The RNLI is the charity that saves lives at sea

The Royal National Lifeboat Institution, a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (CHY 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (1308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HZ