

However you end up in the water,  
if you end up in difficulty,

# Float to live



1

**Tilt your head back**  
submerging your ears.



2

**Relax and control**  
your breathing.



3

**Move your hands and legs**  
to help you stay afloat.



4

**Your legs may sink - that's**  
**OK** everyone floats differently.



5

**Practise floating** at a supervised  
location like a swimming pool.