



Lancashire Fire
and Rescue Service

For anybody in difficulty in the water -
Float to Live:



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



**COLD
WATER KILLS**
IT'S MORE DANGEROUS THAN IT LOOKS



Scan here for more **water**
safety advice and resources



EVERY YEAR PEOPLE DROWN IN LANCASHIRE

As temperatures rise, it's tempting to cool off with a swim in a river, canal, lake or reservoir. Lancashire Fire and Rescue Service is regularly called to rescue people who have got into trouble in the water.

WHAT ARE THE DANGERS?

- ⚠ There is no supervision.
- ⚠ The cold water temperature can claim your life in minutes - even if you are a strong swimmer.
- ⚠ It's difficult to estimate the depth of the water. It may be much deeper or much shallower than expected.
- ⚠ There are often no suitable places to get out of the water due to steep slimy banks or sides.
- ⚠ There is no way of knowing what lies beneath - there could be weeds, pipes, shopping trolleys, sharp metal or broken bottles.
- ⚠ Swimming in open water can lead to a variety of serious illnesses. There may be hidden currents. Flowing water or swimming in the sea can be especially dangerous.
- ⚠ Alcohol and swimming don't mix - perception and capability are both affected by drinking

WHAT SHOULD I DO IF I SEE SOMEONE IN DIFFICULTY?

Alert someone, preferably a lifeguard. Dial 999 and ask for the fire and rescue service if you are at a river, canal or reservoir and ask for the Coastguard if you're at sea. Explain your location clearly and describe any landmarks.



ENJOY THE WATER SAFELY THIS SUMMER

- ✓ Swim somewhere safe, like the swimming baths.
- ✓ Obey the warning signs around reservoirs, lakes, canals, rivers and at the beach.
- ✓ Value your own safety first - jumping into the water to rescue pets or belongings can be highly dangerous.
- ✓ Know what to do in an emergency - ring 999 and explain your location clearly and describe any landmarks.
- ✓ Enjoy organised water sports in a safe environment - with the correct equipment and a qualified instructor.