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Drowning is Preventable

Stay safe in the water this summer

Did you know?

- More than **300 people** accidentally drown in the UK and Ireland every year.
- Inland waterways, such as **rivers, lakes** and **canals**, are where most drownings happen.
- Alcohol and drugs are a factor in almost **one-third** of all UK accidental drownings.
- Anything **below 15°C** is defined as cold water. Average UK and Ireland sea temperatures are just 12°C. Rivers and canals can be colder.

Our Advice:

- If you are in trouble in cold water, remember **'Float to Live'**. Try not to panic. Float on your back for up to **90 seconds** until the shock passes, swim to the edge or call for help.
- If someone else is in trouble - **Call, Tell and Throw** - Call 999, tell the person to float on their back and throw something to help them float, like a throwline.

Safety around water:

- If you are thinking of entering the water, consider your **exit point** before you enter.
- 'Tombstoning' - **Do not jump into open water from bridges or ledges**. There may be hidden dangers beneath, such as sharp objects, reeds and strong currents which could pull you under.
- Avoid swimming alone. **Join a group** if taking part in sports such as paddle boarding or kayaking.
- Tell someone **where you are going** and when you are likely to return.
- Stay clear of the water's edge if you are running or walking. **Riverbanks and cliff edges can be unstable**. Keep an eye out for slip or trip hazards.
- Never enter the water to try and save someone or an animal, **even if you are a strong swimmer**. Call 999 and ask for the Fire and Rescue Service if you are inland. If you are at the beach or near the sea, ask for the Coastguard.