



**NORTH YORKSHIRE
FIRE & RESCUE SERVICE**

WATER SAFETY

Know the risks before you take the plunge

www.northyorksfire.gov.uk

For more information on water safety, visit
www.northyorksfire.gov.uk

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THE SIMPLE FACTS...

There are around 1,500 deaths by drowning in the UK each year, 25% of them in the sea and the remainder in inland waterways including rivers, lakes and reservoirs.



The dangers...

Alcohol – causes loss of coordination and slows reaction times, as well as reducing the body's core temperature and increasing the susceptibility to cold.

Temperature shock – even during warm weather, temperatures in open waters are dangerously low.

Waterborne diseases like Leptospirosis (Weil's disease) can be fatal.

Submerged dangers – hazards such as rocks or discarded rubbish, plus underwater plants, which can wrap around bathers.

Water currents – deeper water with fast currents is extremely hazardous.

Key advice...

Only use venues designed for open-air bathing and pay attention to all warning signs.

Take action...

If you see someone in difficulty:

- Shout for help and dial 999 – ask for the Fire Service at inland water sites or the Coast Guard if you're at the beach.
- Reach with a long stick, a scarf, clothes or anything else. Crouch or lie down to avoid being pulled in.
- Throw a rope if you can to pull in the person. Otherwise throw something that will float - a ball, a plastic bottle or a lifebuoy.
- Don't jump in to try to save them.