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

North Yorkshire Fire & Rescue Service
Headquarters
Thurston Road
Northallerton
North Yorkshire
DL6 2ND
Tel: 01609 780150
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.