

COLD

WATER KILLS


IT'S MORE DANGEROUS THAN IT LOOKS





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

WHAT SHOULD I DO IF I SEE SOMEONE IN DIFFICULTY?

 **Dial 999 and ask for the
fire and rescue service.**

**If you are at a river, canal or
reservoir,** ask for the fire and
rescue service.

If you're at sea, ask for the
Coastguard.

ENJOY THE WATER SAFELY THIS SUMMER

Know what to do in an emergency, value your own safety first, and obey the warning signs around reservoirs, lakes, canals, rivers and at the beach.

For more information on how to Float to Live, visit:
www.lancsfireandrescue.org.uk/summer-safety
or scan the QR code.

