

WATER SAFETY



County Durham and Darlington
Fire and Rescue Service



The Facts:

- Over 700 people drown every year in the UK and Ireland
- Many more suffer serious, life threatening injuries
- 1 in 2 fatalities never intended on entering the water
- More people die from drowning than from domestic house fires in the UK.



Safest People, Safest Places



Who Does It Affect The Most?

- Drowning is the 2nd most common form of unintentional injury related death for children aged under 14
- Children under 5 are particularly at risk
- Men are four times more likely to drown than women, young males in particular
- Students

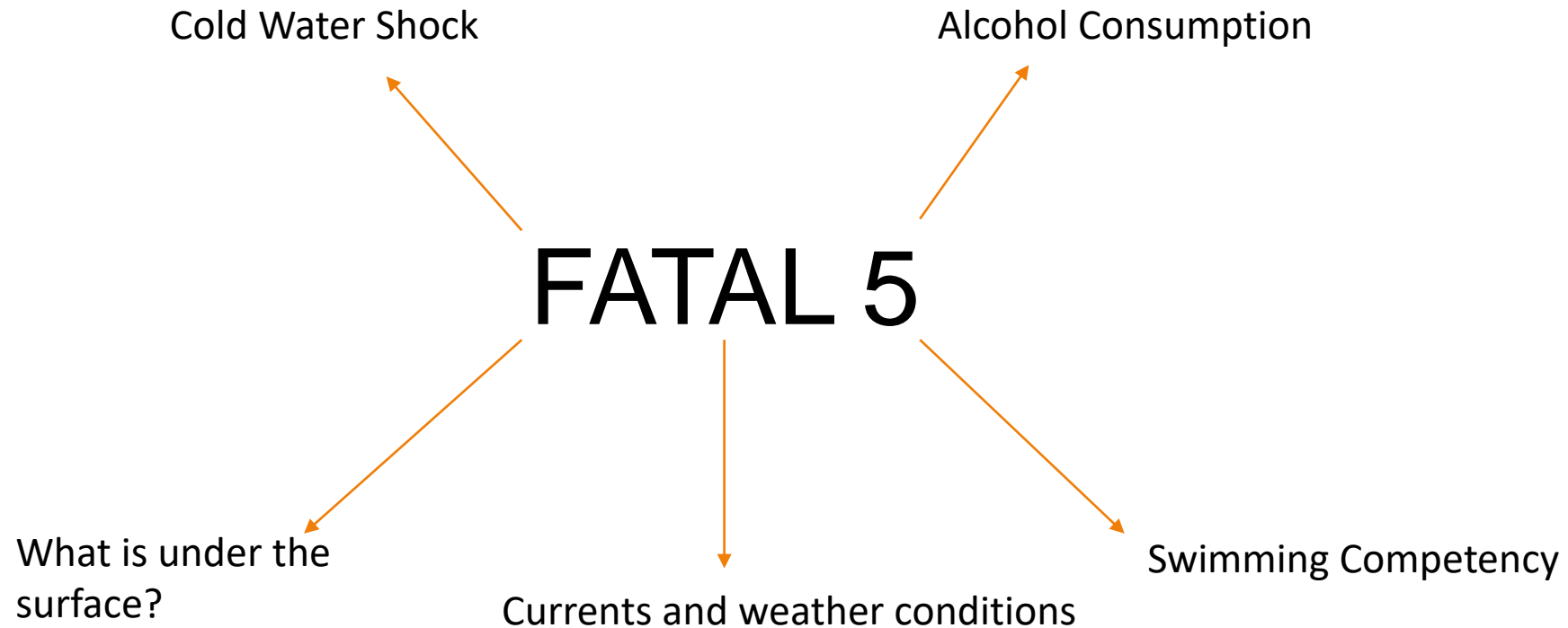


Where Do You Think There Are Risks?

- Rivers
- Lakes
- Coastlines
- Flooded areas
- Water sports
- Anywhere where alcohol can be involved around water
- Swimming pools



What Are the Risks?



Cold Water Shock

- Low water temperatures can numb your limbs and cause even strong swimmers to drown
- Can cause cardiac arrest even in healthy people
- Can temporarily paralyse muscles and cause you to drown.



What To Do If You Enter The Water

- <https://www.youtube.com/watch?v=0gd6QC2Emrc>



Alcohol Consumption

- Advise anyone not to go near or enter water if they have been consuming alcohol
- Alcohol can give people a heightened sense in confidence and can lull them into a false sense of security.
- Rivers in cities such as Durham are a major risk when people are drinking alcohol nearby.



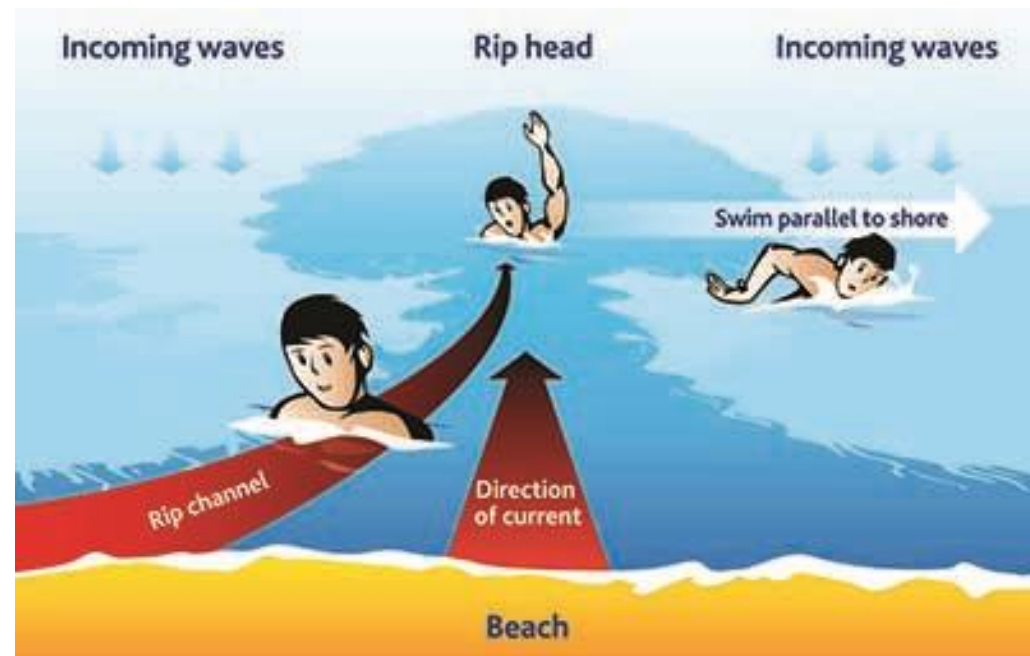
What is under the surface?

- Entrapment hazards
- Sharp rocks
- Pollution



Currents and Water Conditions

- Ice
- Floods
- Unknown depths of water
- Currents
- Rip Tides
- Eddies



Swimming Competency

- Don't assume because you can swim in a pool that you can deal with the challenges of open water swimming. Swim in safe areas, or where there is supervision or a lifeguard.



What Can We Do To Stay Safe?





Summer **WATER SAFETY**



When Summer hits it can be tempting to look for the nearest place to cool off.
Here are our top tips if you plan on going for a paddle:



**LOOK OUT
FOR LIFEGUARDS**



**IT'S COLDER
THAN IT LOOKS**



**DON'T GO
TOO FAR**



**IT'S STRONGER
THAN IT LOOKS**



BRING A FRIEND

www.rlss.org.uk



How Can We Prevent an Accident

- Make sure you and people in your family can swim
- Swim in safe areas
- Know what to do in an emergency
- Always take a friends and look out for each other
- Swim in areas with designated life guards if possible
- Take a mobile phone with you.



Swimming Pools

- Never leave a child alone in or around a swimming pool or a spa
- Teach children how to swim
- Keep a telephone, emergency phone numbers and rescue equipment at the poolside
- Empty inflatable pools and store out of children's reach when not in use.



Open Water

- Know what is in the water – is there any pollution or harmful objects present?
- Hypothermia and Cold Shock
- How deep is the water?
- Are there any dangerous currents/tides?



Diving

- How deep is the water?
- Are you in danger of hitting the bottom?
- Are you diving off a secure platform?
- Can you swim safely when you have entered the water

Flooding





Flooding is now more common

- Be prepared for floods if you are living in an at risk area
- Check Floodline for official warnings
- Do not underestimate the floods
- Stay alert to changes – keep an eye on local news and weather forecasts



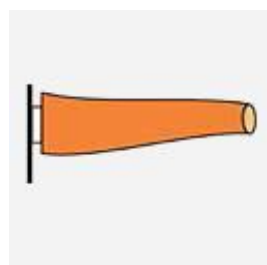
RNLI – Royal National Lifeboat Institution

- Provide 24 hour rescue in the UK and Ireland
- Seasonal lifeguards patrol busy beaches
- Call 999 in an emergency as usual to get in contact



RNLI Safety Advice – At the Beach

- If possible try to attend a lifeguarded beach – and take notice of their flags!



What do each of these flags mean?



Do not enter the water at any time



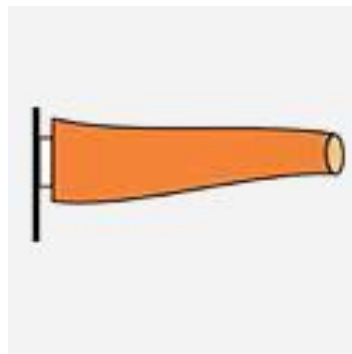
Lifeguarded area – the safest place to swim



For surfers, SUP's, Kayaks etc – do not swim here



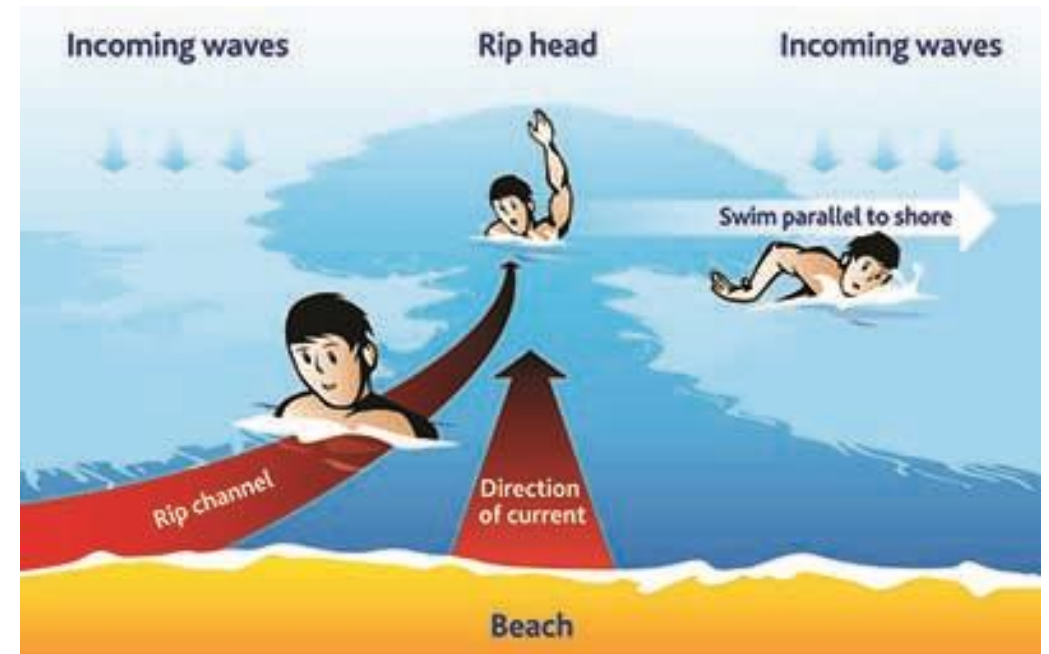
Danger! – Do not enter the water under any circumstance



Indicates strong wind conditions – do not use inflatables

Understanding Rip Tides

https://www.youtube.com/watch?v=PuAIDTC_gIQ



If You Get Caught In a Rip

Don't try to swim against it or you'll get exhausted.

If you can stand, wade don't swim.

If you can, swim parallel to the shore until free of the rip and then head for shore.

Always raise your hand and shout for help.

