BE WINTER WATER AWARE

Water temperatures can be extremely cold in the UK and in winter can plummet to below zero.

Here are some top safety tips for keeping safe:



- Do not walk or play on ice
- Keep your pets away from ice and on leads at all times
- If your pet enters extremely cold water, do not attempt to rescue them yourself - you could put yourself in danger and they are more likely to rescue themselves
- If you go for a walk near cold water, try and go during daylight hours when visibility is good. If not, make sure the route is well lit
- Stay away from the water's edge

#safe4winter

If you find yourself in the water:

- Relax and float on your back to catch your breath. Try to get hold of something that will help you float
- Keep calm then call for help or swim for safety if you're able



If you see someone else in the water:

- Do not go into the water to rescue them. You could get into trouble yourself
- Call 999 and ask for the fire service and be as precise as you can with the location
- Tell the struggling person to float on their back in a star shape
- Throw something that may help them float – like a branch, an inflatable ball or even a water bottle

///what3words

Download the what3words app to help give emergency services your precise location

Follow these safety tips and enjoy a safe time by the water. Find out more by visiting

www.northantsfire.gov.uk/safety/water-safety

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