

# Stay Safe This Summer Advice From The Mineral Products Industry

**The tragic deaths by drowning of teenagers at inland water sites during the recent hot weather highlights the vital importance of being aware of and sharing water safety advice. Around 60% of accidental drownings in the UK occur at inland water sites such as rivers, reservoirs, canals and lakes, including former quarry lakes or water filled voids that have resulted from mineral workings.**

Alongside other safety organisations, MPA is highlighting the following actions. Please share them with your own friends, family, and local communities:

**If you see someone in trouble in the water, act, whilst remaining safe yourself by remembering PHONE...FLOAT...THROW.**

- PHONE 999 to get help
- FLOAT tell them to stay calm and float on their back
- THROW them something that floats to help them until the emergency services arrive, do not enter the water.

Watch and share this video: [bit.ly/4g1fuBr](https://bit.ly/4g1fuBr)

**What to do if you are in trouble in water - FLOAT TO LIVE**

- Tilt your head back submerging your ears
- Relax and try to control your breathing
- Move your hands and legs to help you stay afloat
- Your legs may sink – that's OK. Everyone floats differently
- Practise floating at a supervised location like a swimming pool.

Watch and share this RNLI video: [bit.ly/4o5XrMu](https://bit.ly/4o5XrMu)

**Cold Water Shock is a killer:**

- Sudden immersion in cold water can cause you to gasp involuntarily and inhale water, a rapid increase in breathing and the onset of panic. A deadly combination that can drown even strong swimmers.
- Even in mid-summer, the water in many quarry lakes will be well below 15°C, causing cold water shock.
- It also causes finger stiffness (making it difficult to climb out), reduced coordination (making it difficult to swim/tread water) and general muscle weakness.

**Water in active and disused quarries is likely to be dangerous because:**

- The water in quarry lakes can be very deep and very cold with sudden, unexpected changes in depth due to shelving and steep or crumbling sides making it difficult to exit.
- Submerged machinery or rocks can injure jumpers or swimmers. Underwater plants, machinery or debris that can trap you. There are currents or powerful underwater pumps.

**MPA Resources and Support**

The Mineral Products Association (MPA) has produced industry specific resources that can be used to support community engagement programmes with schools and others. Go to the Stay Safe area on MPA's website – [mineralproducts.org/Stay-Safe](https://mineralproducts.org/Stay-Safe) if you require specific support.



Phone Float Throw Video



Float to Live Video