



#RESPECTTHEWATER

# A quarry lake can look very inviting on a hot summer's day but can be a killer

**The impact of cold water and other hazards can put even strong swimmers at risk.**

**Remember that warning signs and fencing are there to protect you.**

**Please choose to enjoy water based activities where it is safe to do so.**

**If you are in trouble in the water:**

## **'Float to Live'**

**– tilt your head back with ears submerged. Relax and move your hands to help you stay afloat.**

**Once you have adjusted to the water look for a place to exit – call for help.**

**If you see someone in difficulty, resist the temptation to enter the water to try and save them.**

## **PHONE – FLOAT – THROW**

**PHONE 999** and ask for the Fire and Rescue Service

**FLOAT** tell them to stay calm and float on their back

**THROW** them something that floats or find something to reach them and pull them in, wait for the emergency services



[respectthewater.com](http://respectthewater.com) | [www.mineralproducts.org/Campaigns/Stay-Safe.aspx](http://www.mineralproducts.org/Campaigns/Stay-Safe.aspx)

Based on original artwork by Department of the Environment Northern Ireland ©



Lifeboats

# If you're struggling in the water ...

**Tilt your head back with  
ears submerged**

**Relax and move  
your hands to help  
you stay afloat**

**Remember it. Share it.**

# FLOAT TO LIVE

  
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Photo: RNLI

**The RNLI is the charity that saves lives at sea**

The Royal National Lifeboat Institution, a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (CHY 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (1308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HZ