

**Cumbria Fire
and Rescue
Service**

**Be
Water
Aware**



Open water safety

Around 85% of accidental drownings occur at open water sites. Many of these drownings occur due to a lack of knowledge and understanding of open water safety. The basic principles of open water safety, combined with knowledge and understanding of the hazards, can increase enjoyment of open water and significantly reduce the number of incidents that occur each year.

Open Water Safety Tips

- Always look for warning and guidance signs
- Swim parallel with the shore, not away from it
- Avoid drifting in the currents
- Do not enter fast flowing water
- Be aware of underwater hazards
- Get out of the water as soon as you start to feel cold
- Never enter the water after consuming alcohol
- Only enter the water in areas with adequate supervision and rescue cover
- Always wear a buoyancy aid or lifejacket for activities on the water or at the water's edge
- Always take someone with you when you go into or near water
- If someone is in difficulty in the water, provide reassurance, shout for help and call the emergency services

For more tips on being safe around open water visit: www.rlss.org.uk

#BeWaterAware

Enjoy Water **Safely**



NFCC
National Fire
Chiefs Council