

STAY WATER SAFE

COLD WATER SHOCK!

Even in high summer, all waters around Scotland are cold enough to induce cold water shock.

FLOAT TO LIVE

If you find yourself in the water unexpectedly it could save your life. Lay on back, extend arms and legs, allow cold water shock to pass.

ALCOHOL AND WATER DON'T MIX

If you've been drinking avoid walking near water. If you fall in your chances of being able to get out are decreased. Alcohol impairs even simple movements.

IN AN EMERGENCY CALL 999!

If you see someone in trouble do not enter the water. Look for a throw line or life ring. For inland waters ask for the Fire and Rescue Service. For coastal waters ask for the coastguard.

For water safety information visit:

www.firescotland.gov.uk/your-safety/outdoors/water-safety/



  @SFRSYourSafety

#WaterSafety