Winter water safety

In winter, children and pets are particularly at risk when tempted to play on the ice formed on open water, and adults can find themselves at risk in attempting to save them.

Taking a nice walk in cold weather with your family, friends or dogs in tow can be really refreshing, just make sure you know some simple tips on how to stay safe in winter.

Here are some useful tips to keep safe this winter:

KEEP BACK FROM THE EDGE

Keep back from slippery banks.

Stick to well-lit areas and plan your walks in daylight or along well-lit paths.

Never go onto the ice.

KEEP CHILDREN AND DOGS WITHIN REACH

Teach children not to go onto ice.

Keep dogs on a lead near ice and slippery banks.

If out enjoying a winter walk, walk with friends.

IF YOU'RE IN TROUBLE FLOAT AND CALL FOR HELP.

Stay calm, float on your back and call for help.

Wait for help and keep as still as possible.

Preserve heat by pressing your arms by your side and keep your legs together. Keep your head clear of the water.

Throw something that floats to somebody that has fallen in.

CALL 999

Do not enter cold water or ice to rescue.

Try and reach them from the bank using a rope, pole, tree branch, clothing tied together or anything else which can extend your reach.

ROYAL LIFE SAVING SOCIETY UK

Enjoy Water **Safely**