



Summer WATER SAFETY

TOP TIPS



Never swim alone or unsupervised



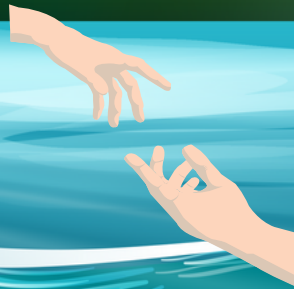
Avoid alcohol, sunburn and exhaustion - stay hydrated and rested



Wear a life jacket in open water



Enter slowly and carefully and never jump from heights



Stay within reach and within a standing depth

STAY SAFE

Know your limits - don't take risks

WHAT TO DO IN DANGER



Shout help and call 999. Use your what3words location



Float on your back like a starfish! - float to live



Wait for the emergency services



Keep an eye on the person in danger