

# Winter Water Safety

## Waterways Covered in Ice and Snow

The shock of falling into cold water may:

- Make breathing difficult and cause you to gasp for air, this could result in water being breathed in
- Make it difficult to think, you may become disorientated and panic
- May cause cardiac arrest.

How could you help someone who has fallen through ice? Put the following steps in the correct order:

- Immediately call 999 for the emergency services
- Shout for help
- Try to remain calm and do NOT go on the ice
- Warm them up slowly using body heat and blankets whilst awaiting the emergency services
- Slowly attempt to pull the casualty to shore, or instruct them to kick their legs if you have thrown a buoyant aid
- Keep well away from the edge in a safe position so that you cannot fall in. Either throw or reach out with the aid. You may need to lie down and get others to hold your legs so you don't get pulled in if reaching from the side
- Ask the casualty to move towards the side by breaking the ice in front of them with their hands if they can
- Instruct the casualty to move slowly and spread their weight whilst climbing onto the ice
- Try to find something that you can reach them with or throw. Things you may find include a rope, pole, clothing tied together, a scarf or a buoyant aid like a ball.

**NOTE:**

**STAYAWAY FROM FROZEN WATERWAYS THE ICE MAY BREAK AND YOU COULD FALL THROUGH.**

