

Do you know what to do  
if you're struggling  
in the water?

## FLOAT TO LIVE:

- ▶ **Tilt your head back with ears submerged**
- ▶ **Relax and try to control your breathing**
- ▶ **Use your hands to help you stay afloat**
- ▶ **It's OK if your legs sink, we all float differently**

**In a coastal emergency  
call 999 or 112 for the coastguard**

Get more advice at [RNLI.org/keysafetytips](https://www.rnli.org/keysafetytips)

**The RNLI is the charity that saves lives at sea**

The Royal National Lifeboat Institution, a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (CHY 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (1308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HZ

  
**#RESPECTTHEWATER**

# Your four key water safety tips

You could save lives by sharing these water safety tips when chatting to people who are visiting the beach and/or coast.

## 1. Float to Live

If you get in trouble on the water, tilt your head back with ears submerged. Relax and try to control your breathing, using your hands to help keep you afloat. Then call for help or swim to safety.

## 2. How to get out of a rip current

If you find yourself being swept out to sea, don't try to swim against the tide. You'll only exhaust yourself. If you can stand up, wade. If you can, swim parallel to the shore until you're free of the rip. Always raise your hand and shout for help.

## 3. Don't get caught out by the tide

Watch out for the incoming tide. Always take a phone with you and keep it securely attached to your body, so you can call for help if needed.

## 4. In an emergency dial 999 or 112 and ask for the coastguard

**Have any water safety queries?** Email [watersafety@rnli.org.uk](mailto:watersafety@rnli.org.uk). You can also point people towards [RNLI.org/keysafetytips](https://www.rnli.org/keysafetytips) for detailed safety information about their water-based activities.

# What to do if someone is in trouble in the water

Working at the beach, you might be one of the first to hear or see someone in trouble in the sea. Know what to do in an emergency:

## STEP 1: Call for help

Keep an eye on the casualty, call 999 or 112 and ask for the coastguard

Your location:

## STEP 2: Talk

Talk to the casualty, encourage them to keep calm and float. Reassure them that you are getting help

## STEP 3: Reach

Try to reach them from the shore using any lifesaving equipment available. **Do not go in the water yourself**

## STEP 4: Throw

Throw a line to the casualty and pull them towards the shore if possible

## Is there a community defibrillator available?

Location of nearest defibrillator:

**Thank you for your support**