

# Winter WATER SAFETY

**In winter, more people who are walking or running alongside water fall in and drown than in any other season.**

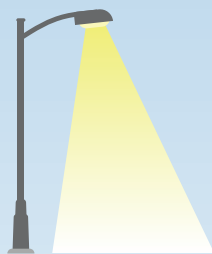
Slippery paths, patches of ice and a lack of daylight can make being near water more dangerous than in the summer months. If you fall into the water, the cold temperatures make it difficult for you to control your breathing, to use your hands to climb out and can even cause you to have a heart attack.

So, follow our safety tips to make sure that your winter walks are enjoyable and safe.



## **KEEP BACK FROM THE EDGE**

When walking alongside water keep back from the edge.



## **ONLY USE WELL LIT AREAS**

Time your walks to make the most of the daylight; if you need to walk in the evening only use well-lit areas or take a route not alongside water.



## **KEEP DOGS ON THEIR LEADS**

Keep dogs on their leads when near ice and don't throw sticks or toys onto the ice.



## **TEACH CHILDREN NOT TO GO ON TO THE ICE**

Teach children not to go onto the ice under any circumstances.



## **DON'T GO ON THE ICE TO RESCUE A DOG**

Don't go onto ice or into the water to rescue a dog, move to somewhere that the dog will be able to climb out and call them towards you.

