

Nee-Nah!

CALL FOR HELP AS SOON AS POSSIBLE

NEVER FOLLOW ANIMALS ON TO THE ICE

crack! crack!

ICE IS ALWAYS THIN AROUND MAN-MADE STRUCTURES AND AT THE EDGE OF RIVER BANKS

ALWAYS USE A SAFE RESCUE, NEVER GO ON TO THE ICE

THE HELP POSITION

DANGER
KEEP OFF
THE ICE

OBEY WARNING SIGNS

ICE IS THIN AROUND DRAINPIPES

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Don't be an Ice Breaker

Playing on ice may seem fun, but don't ever do it. Ice can be a killer!

If you see someone fall through ice, shout for help or send for the emergency services. Never go onto the ice yourself. Tell the person to 'keep still' and hold on.

Try to reach them from the bank. Use a rope, pole, scarf, branch or anything else you can find. When reaching, lie down and hold onto something or get someone to hold your legs to avoid being pulled onto the ice. If you cannot reach, slide something that floats to the person such as a plastic bottle, football or something similar to help them stay afloat. If you cannot rescue them, stay on the bank until the emergency services arrive.

When you rescue someone, check an ambulance is on the way. Lay the person flat and wrap them with warm clothing or blankets without removing their clothes. Do not rub their skin, apply hot water bottles or give them alcoholic drinks. People often fall through the ice when trying to rescue an animal - in most cases the animal survives. 50% of all drownings involve the rescue of

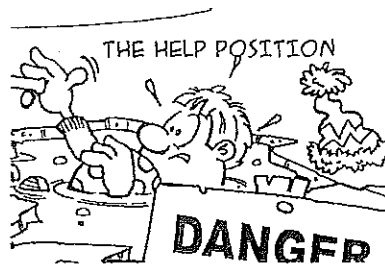
pets. Do not put yourself in danger - stay off the ice and call the emergency services. Keep dogs on a lead near ice.

The cold can quickly zap your strength which is why falling through the ice is so dangerous. However if you do fall through ice - try to stay calm and call for help. Spread your arms across the surface of the ice, kick your legs in the water and try to slide onto the ice. Lie flat and pull yourself to the bank.

If the ice breaks, work your way to the bank by breaking the ice in front of you. If you cannot climb out, hold on, and wait for help, keeping still to preserve your energy. If you cannot hold on take up the HELP position - keep your arms pressed against your body and your legs together.

When you get out go to hospital immediately.

Don't be an ice breaker, stay off the ice



Quiz

Now you know what to do in an ice emergency try the quiz to test yourself

- What is the first thing you do if you see someone fall through ice?
 - ☐ A) Call the emergency services
 - ☐ B) Go after them
 - ☐ C) Give them a warm drink
- How can you try to rescue someone?
 - ☐ a) Use a safe reach rescue
 - ☐ b) Go onto the ice to pull them up
 - ☐ c) Walk away and hope someone else will help
- Which position do you take up if you fall through ice?
 - ☐ a) Stand straight
 - ☐ b) The HELP position
 - ☐ c) Curl up in a ball
- If your pet falls through ice do you...
 - ☐ a) Go onto the ice to rescue it
 - ☐ b) Call for the emergency services and wait
 - ☐ c) Throw a stick at it
- What should you do when reaching from the bank?
 - ☐ a) Stand up
 - ☐ b) Stand on your toes
 - ☐ c) Lie down and hold onto something or get someone to hold your legs
- Which percentage of ice drownings involve pets?
 - ☐ a) 30%
 - ☐ b) 40%
 - ☐ c) 50%
- Is ice thin around manmade structures?
 - ☐ a) Only sometimes
 - ☐ b) No
 - ☐ c) Yes
- Reeds poking through ice make it weak
 - ☐ a) Yes always
 - ☐ b) No
 - ☐ c) Sometimes

If you want to find out more about safety and lifesaving why not contact your local lifesaving club or the Royal Life Saving Society UK. You can learn useful lifesaving skills like rescues and resuscitation.



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