



County Durham and Darlington
Fire and Rescue Service

REMEMBER

PHONE, FLOAT, THROW

NEVER enter the water yourself
to help a person or a pet in distress.

PHONE 999 and ask for the fire and rescue service. You
can use the 'What3Words' app to identify your location.

Tell the person in the water to **FLOAT** on their back with
their ears under the water and to use their hands to stay
afloat.

THROW rescue equipment, such as a life ring, to help
them float.

Knowing what to do can save a life.



If you get into difficulty in the water,

1. Lie on your back with your arms and legs spread in a star shape.
2. Tilt your head back with your ears under the water.
3. Move your hands and legs to help you stay afloat.
4. Try to stay calm and control your breathing.
5. Call for help when you have caught your breath.

Open water can be much colder than expected.
It can cause Cold Water Shock which can affect your
breathing and movement.
There may be hidden hazards like rocks and currents
that can overpower strong swimmers.

Don't get in.
You might not get out.