

# What to do if you get stuck in sinking mud/sand...



Stay calm

Lie down, spread your arms and legs wide apart and shout for help.

Get somebody to dial 999

Do not stand upright or attempt any movements as this will make you sink quicker

If you see a person or animal in difficulty in the mud, always go for help, do not go in yourself

**Suffolk Fire and Rescue Service**

Endeavour House, Russell Road, Ipswich, IP1 2BX

Tel: 01473 260588

Email: [fire.businesssupport@suffolk.gov.uk](mailto:fire.businesssupport@suffolk.gov.uk)

