



# If you see someone in difficulty in the water...

## Think

Put your own safety first, do not put yourself in danger. **Never jump in.**

## Get help

Shout for help and send someone to ring 999

## Reach

If it is safe to help, without endangering your own safety, then try to reach the person with a stick, scarf or any other object. Crouch or lie down to avoid being pulled in.

## Throw

If a rope is available you can then pull the person in. Otherwise throw in something that will float this will help to keep the person afloat until assistance arrives.

## Row

If there is a boat available and you can use it safely then row out to reach the person. Do not try and pull the person on board in case they panic and capsize the boat. Get them to hold onto the side of the boat whilst you row them back to the shore

**Once rescued, keep the casualty warm and make sure that they get medical help**



## 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)

