

FLOAT TO LIVE 5 STEPS

When in cold water (anything below 15°C), the human body can go into cold water shock. If this happens, people can lose control of their breathing and movement. Cold water shock also causes the heart rate and blood pressure to quickly increase, which can lead to cardiac arrest.

The average sea temperature around the UK and Ireland is just 12°C. Inland waters like lakes, rivers, lochs and reservoirs can be colder – even in the summer.



5 steps to know how to float

However you end up in the water, if you end up in difficulty, Float to Live.



Once Breathing is under control, call for help or swim to safety
In an emergency at the coast dial 999 and ask for the Coastguard