



QUARRY WATER IS STONE COLD AND CAN KILL

STAY SAFE STAY OUT

A quarry lake can look very inviting on a hot summer's day but can be a killer. 8 people drowned in disused quarry lakes in 2018.

'Cold Water Shock'

Sudden immersion in cold water can cause you to gasp involuntarily and inhale water, a rapid increase in breathing and the onset of panic. A deadly combination that can drown even strong swimmers within seconds of entering the water. Cold water shock can occur in water at 15°C or below. In mid-summer, the water in many quarry lakes will be well below this temperature.

Immersion in cold water also causes finger stiffness (making it difficult to climb out), reduced coordination (making it difficult to swim/tread water) and general muscle weakness. In combination these physiological responses to cold water significantly impact on the capabilities of even strong swimmers and one's ability to get out of trouble.

BE WATER AWARE



6 TIPS TO KEEP YOU AND YOUR FRIENDS SAFER

- If you are suddenly plunged into cold water – stay calm - float on your back for a minute to allow your body to adjust to the water temperature – look for a place to exit the water - call for help.
- Stay away from the edge of quarry lakes or quarry faces – they could give way. Over 40% of people who drown in the UK never intended to enter the water.
- If you've had alcohol don't enter the water, avoid walking alone and avoid routes near water
- Never enter the water to try and help a person or animal - always call 999 and use any water rescue equipment if it is available
- If you are spending time near water - whether at home or abroad make sure you are familiar with local safety information and children are fully supervised.
- Remember - warning signs and fencing are there to protect you

10 reasons why water in active & former quarries can be dangerous

- The water in quarry lakes can be very deep
- The water in quarry lakes can be very cold
- Sudden, unexpected changes in depth due to shelving
- Steep or crumbling sides making it difficult to exit
- Submerged machinery or rocks that can injure jumpers or swimmers
- Underwater plants, machinery or debris that can trap you
- Currents or powerful underwater pumps making it difficult to swim
- Dead animals/excrement in water causing disease
- Pollution/high alkalinity causing rashes, irritation and stomach problems
- Poisonous algae

Visit the following sites for more information and resources

RNLI's – Respect the Water Campaign – www.respectthewater.com

RLSS – Water Safety Advice – www.rlss.org.uk/open-water-safety

Stay Safe Stay Out of Quarries – www.facebook.com/StaySafeStayOutOfQuarries

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