



#RESPECTTHEWATER

# A quarry lake can look very inviting on a hot summer's day but can be a killer

**The impact of cold water and other hazards can put even strong swimmers at risk.**

**Remember that warning signs and fencing are there to protect you.**

**Please choose to enjoy water based activities where it is safe to do so.**

**If you are in trouble in the water:**

## **'Float to Live'**

**– tilt your head back with ears submerged. Relax and move your hands to help you stay afloat.**

**Once you have adjusted to the water look for a place to exit – call for help.**

**If you see someone in difficulty, resist the temptation to enter the water to try and save them.**

## **CALL – TELL – THROW**

**CALL 999** and ask for the Fire and Rescue Service at inland water, and the Coastguard at the coast

**TELL** them to stay calm and float on their back

**THROW** them something that floats or find something to reach them and pull them in



[respectthewater.com](http://respectthewater.com) | [www.mineralproducts.org/Campaigns/Stay-Safe.aspx](http://www.mineralproducts.org/Campaigns/Stay-Safe.aspx)



Lifeboats

# If you're struggling in the water ...

**Tilt your head back with  
ears submerged**

**Relax and move  
your hands to help  
you stay afloat**

**Remember it. Share it.**

# FLOAT TO LIVE

  
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Photo: RNLI



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**A quarry lake can look very inviting on a hot summer's day but can be a killer**

**Please only enjoy water based activities where it is safe to do so**

# 5 TIPS TO KEEP EVERYONE SAFER NEAR QUARRY LAKES

- 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 the water's edge.
- If you are spending time near a quarry lake – make sure you have checked for any safety information and children are fully supervised.
- **If you are in trouble in water**  
**'Float to Live'** – tilt your head back with your ears submerged. Relax and move your hands to stay afloat. Once you have adjusted to the water look for a place to exit – call for help.
- **If you see someone in trouble in a quarry lake**  
Never enter the water to try and help a person or animal

Please remember – warning signs and fencing are there to protect you.

**CALL 999** and ask for the Fire and Rescue Service

**TELL** them to stay calm and float on their back

**THROW** them something that floats or find something to reach them and pull them in

  
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Respect the Water – [respectthewater.com](http://respectthewater.com)

Stay Safe – [www.mineralproducts.org/Campaigns/Stay-Safe.aspx](http://www.mineralproducts.org/Campaigns/Stay-Safe.aspx)



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# Even very strong swimmers have drowned in quarry lakes

**The water temperature in quarry lakes significantly affects your ability to swim**

# '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.**

Cold water shock can occur in water at 15°C or below. Even 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.

**If you get into trouble in a quarry lake**  
**'Float to Live'** – tilt your head back with your ears submerged. Relax and move your hands to stay afloat. Once you have adjusted to the water look for a place to exit – call for help.

**If you see someone in trouble in a quarry lake**  
**do not enter the water**

**CALL 999** and ask for the Fire and Rescue Service  
**TELL** them to stay calm and float on their back  
**THROW** them something that floats or find something to reach them and pull them in

  
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**Every year people get into  
difficulty in quarry lakes**

**Please only enjoy water based activities where it is safe to do so**

# 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
- Dead animals/animal excrement in water causing disease
- Pollution/high alkalinity causing rashes, irritation and stomach problems
- Poisonous algae

**If you get into trouble in a quarry lake**  
**'Float to Live'** – tilt your head back with your ears submerged. Relax and move your hands to stay afloat. Once you have adjusted to the water look for a place to exit – call for help.

**If you see someone in trouble in a quarry lake do not enter the water**

**CALL 999** and ask for the Fire and Rescue Service  
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**Please don't put your  
life at risk by jumping  
into a quarry lake**

**Please remember that warning signs are there to protect you**

# NEVER JUMP INTO WATER UNLESS YOU HAVE CHECKED IT IS SAFE TO DO SO

Please remember that quarry lakes...

- Can have very cold water – ‘Cold Water Shock’ – can make you gasp and inhale water
- Can conceal rocks and other debris beneath the surface
- Can vary in depth and be very deep
- Can be difficult to exit due to steep, slippery or crumbling sides

**Please remember that warning signs are there to protect you**

**Do not encourage others to follow you – you could be responsible for them being injured or worse**

  
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