



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland

Safety. Teamwork. Respect. Innovation.

Following a high number of incidents across Scotland regarding water safety, it is important that everyone is aware of the dangers when entering the water during the hot weather.

Aberdeenshire, Angus, Perth and Kinross and Dundee has some fantastic natural spots and combined with the good weather people have been using these spots for swimming more frequently. The local fire crews have been receiving a high number of calls this summer to help rescue those that have found out just how dangerous the water can be.

Please keep in mind that -

- Although water can appear calm on the surface, underneath there are many hazards that can pose a threat to your safety
- Even in the summer water can be icy cold and your body can go into shock in seconds. **If you find yourself unexpectedly in the water, don't panic, extend your arms and legs out and float on your back until the effect of cold water shock passes**
- Water can have strong currents which can challenge even the strongest of swimmers
- If you are to jump into deep water, it is not always possible to see what is below the surface, there can be hidden obstacles including sharp rocks, seaweed, concrete or possibly even pipework
- Never enter the water to try and rescue someone, call 999 and ask for help
- Never swim alone in case you need help
- Don't drink alcohol when undertaking water related activities, it impairs judgement and your ability to swim
- Some of the spots we have responded to incidents lately have no lifesaving equipment nearby and many of these areas can even struggle for phone reception, making it difficult to call for help

Unfortunately, there have already been a high number of water related incidents this year across Scotland and it is important that you take the advice on water safety. Please be responsible when swimming at natural locations like the sea, rivers or lochs.

For further information please visit www.firescotland.gov.uk or www.RNLI.org

Lewis Duncan
Watch Commander
Local Authority Liaison Officer
Scottish Fire and Rescue Service