
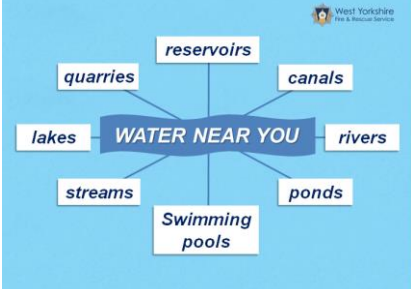
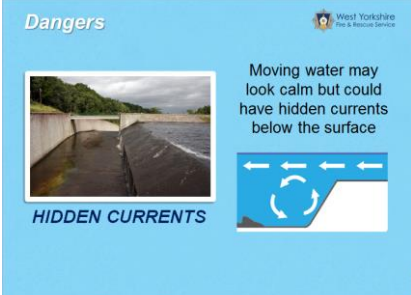
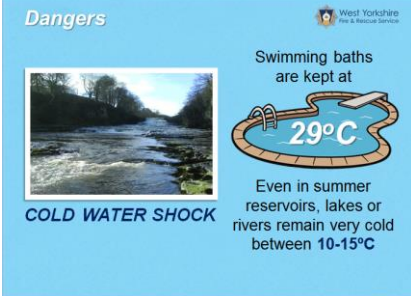


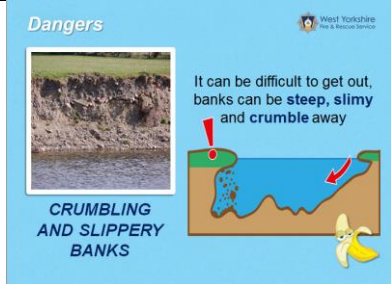






Outline – WYFRS Water Safety Presentation

 <p>WATER SAFETY</p>	<p>Aims</p>	<p>To highlight the risks and raise awareness of water safety</p>
	<p>Outcomes</p>	<p>To raise awareness on:</p> <ul style="list-style-type: none"> • The dangers of water • How to keep safe when in, on, or near water • What to do in an emergency
<p>Slide 2: Water near you</p>		<p>Ask audience what different kinds of water are close by to where they live – reveal answers with click</p> 
<p>Slide 3: DANGERS – Hidden currents</p>		<p>Currents can carry you into danger by:</p> <ul style="list-style-type: none"> • Trapping you against underwater obstructions or weeds • Pulling you away from where you can get out of water • Dragging you further than your able to swim back – e.g. <i>Rip Currents</i> at seaside 
<p>Slide 4: DANGERS – Cold water shock</p>		<p>STAGES OF COLD WATER SHOCK</p> <ol style="list-style-type: none"> 1. Gasping for air 2. Light-headed due to lack of oxygen 3. Abnormal heart rate 4. Muscle ability can weaken by up to 25% - so you may not be able to pull yourself out 5. Extreme shivering will affect your coordination and your swimming ability 

<p>Slide 5: DANGERS – Cold water shock</p>	<p>Play video about staying calm in cold water</p>	 <p>Cold water shock</p>
<p>Slide 6: DANGERS – Pollution</p>	<p>Open water can often be polluted and may contain bacteria that causes illness.</p> <ul style="list-style-type: none"> • Rat Urine – can cause an illness called Weil’s disease that can cause flu-like symptoms. If left untreated this can result in organ failure and other life threatening problems • Cryptosporidium – A parasite that gives you bad stomach and diarrhoea • Trachoma – an eye infection that can lead to blindness • Whipworm – worm eggs that hatch inside the body after being swallowed • Toxic algae – which can cause skin rashes and stomach upsets 	 <p>Dangers</p> <p>Waterborne diseases causing vomiting and diarrhoea</p> <p>POLLUTION</p>
<p>Slide 7: DANGERS – Crumbling/slippery banks</p>	<p>Highlight the difficulty of getting out from water. Explain how banks can be steep, slimy and crumble away</p>	 <p>Dangers</p> <p>It can be difficult to get out, banks can be steep, slimy and crumble away</p> <p>CRUMBLING AND SLIPPERY BANKS</p>

<p>Slide 8: DANGERS – Under water hazards</p>	<p>From out/above the water, you may not be able to see what's under the water that could be a hazard</p>	 <p>Dangers</p> <ul style="list-style-type: none"> • large rocks • machinery • branches • shopping trolleys • bikes etc <p>UNDER WATER HAZARDS</p>
<p>Slide 9: EMERGENCY – Safety advice</p>	<ul style="list-style-type: none"> • Try to get help – shout “help, help” as loud as you can • Reach out with a stick, a pole, a towel or clothing to pull the person to the water’s edge – always lie down so that you don’t get pulled in yourself • If you can’t reach the person and no-one comes when you shout for help, telephone 999 or 112 & ask for help NEVER JUMP INTO THE WATER YOURSELF! 	 <p>Safety Advice – how to HELP</p> <p>HELP!</p> <p>...or reach with stick/towel/clothing. Always lie down so you don't get pulled in as well</p> <p>Throw a floatation ring if there's one close by</p> <p>NEVER JUMP INTO THE WATER YOURSELF!</p>
<p>Slide 10: SAFETY ADVICE – Flags and signs</p>	<p>Always take notice of flags and signs - they are there for your safety. Try to guess what each flag represents before revealing the answer</p>	 <p>Safety Advice</p> <p>Take notice of FLAGS and SIGNS</p> <ul style="list-style-type: none"> NO SWIMMING CAUTION SAFE TO SWIM SWIMMING AREA - LIFE GUARD ON DUTY
<p>Slide 11: END</p>		 <p>THANKYOU</p>