

# STAYING SAFE IN WINTER

Icy bodies of water can look beautiful and inviting, but they can pose a serious hazard. Each year, there are distressing incidents involving individuals who have made the wrong decision to venture onto frozen-over waters with often fatal consequences.

To help keep yourself and others safe, it's important to understand the risks associated with ice and take the necessary precautions.

## ICE SAFETY ADVICE

**Always supervise children.** Just a moment's distraction could have serious consequences for a curious child.



Keep a **safe distance from the edge.** Fallen leaves or snow could obscure the water's true boundary.



**Check for safety signage.** This can help inform you of hazards in that area you may not be aware of.



**Keep dogs on leads.** Otherwise they could end up on the ice and in danger. Also don't throw sticks and balls for dogs near ice.



Most importantly, **stay off the ice.** Never be tempted to venture onto ice – you have no way of knowing how thick it is and how cold and deep the water beneath is. The water beneath could also be fast-flowing. Don't ever risk it.



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# WHAT TO DO IN AN EMERGENCY

Should you encounter someone who is in danger on or in ice, please follow this advice.

- ⚠️ **Never go on the ice to help.** It will put you in danger and could make the situation worse.
- ⚠️ **Call 999.** Give emergency services calm and accurate information about the situation and the location.
- ⚠️ Give **reassurance** and let the person on the ice know that help is on the way. Encourage them to stay calm and **float**.
- ⚠️ Look for **public rescue equipment** whilst you await the arrival of emergency services. If no PRE is available, look for something that could extend your reach such as a long branch or pole to try to help the person back to land. Only do this from solid ground a safe distance from the edge.
- ⚠️ As much as you can **maintain visual contact** so you can help emergency responders to locate the casualty.
- ⚠️ Once on land, the casualty should **keep warm** and **seek urgent medical assistance** even if they appear well.



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