



Lifeboats

GIVE YOURSELF A FLOATING CHANCE

If you're in trouble in cold water:

- 1 Fight your instinct to thrash around**
- 2 Lean back, extend your arms and legs**
- 3 If you need to, gently move your arms and legs to help you float**
- 4 Float until you can control your breathing**
- 5 Only then call for help or swim to safety**

Help save lives. Share our Float to Live advice.
RNLI.org/RespectTheWater

The RNLI is the charity that saves lives at sea
Royal National Lifeboat Institution, a charity registered in England and Wales (209603),
Scotland (SC037736), in the Republic of Ireland (20003326) and the Bailiwick of Jersey (14)

