



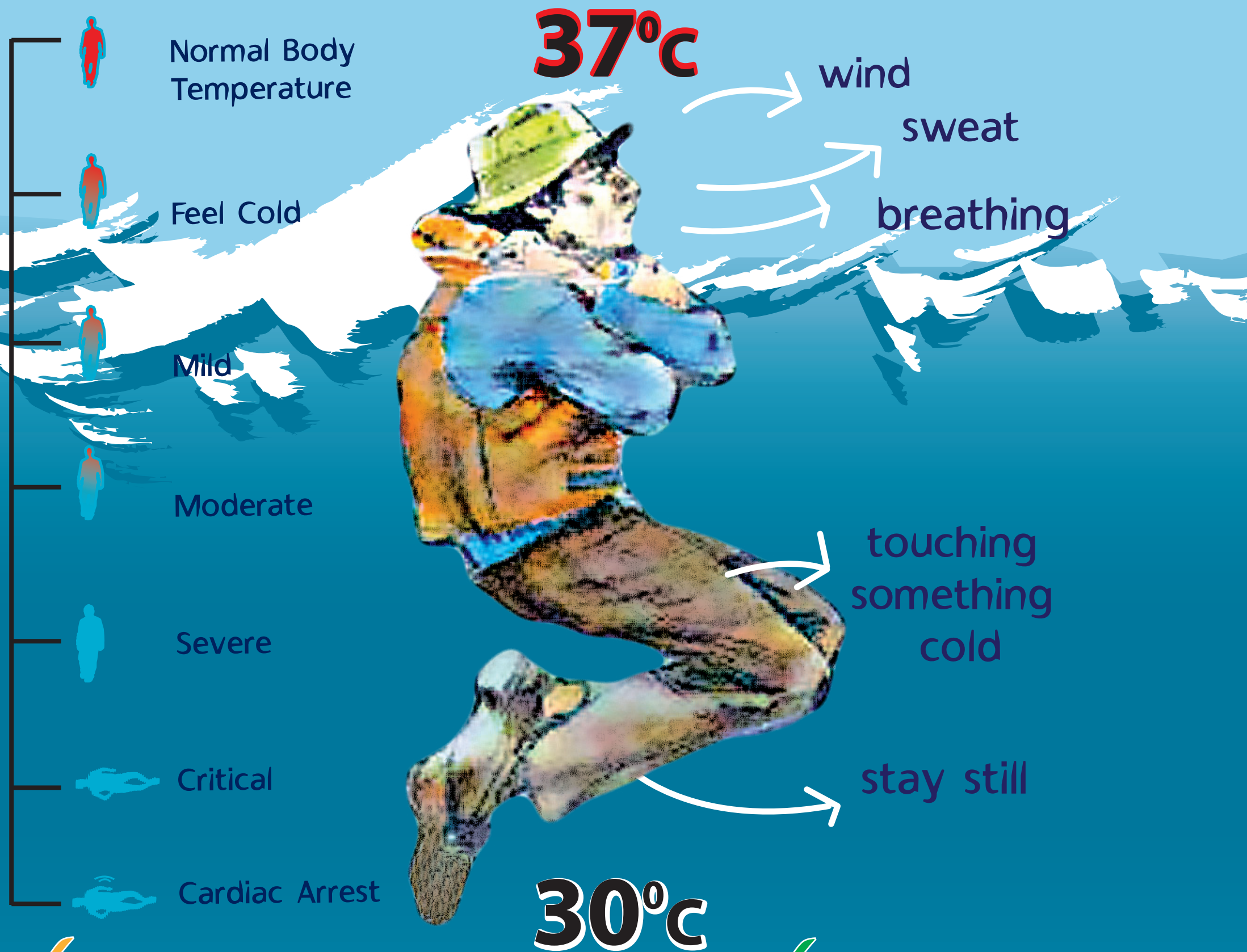
# Irish Water Safety

## Sábháilteacht Uisce na hÉireann

Irish Water Safety is the statutory and voluntary body established to promote water safety in Ireland.  
Tá Sábháilteacht Uisce na hÉireann ina bhord deonach reachtúil a bunaíodh le sábháilteacht uisce a chothú in Éireann.

[www.iws.ie](http://www.iws.ie)

# HYPOTHERMIA



## ✓ Always

- ✓ Wear warm clothing
- ✓ Stay dry-use raingear
- ✓ Eat good foods
- ✓ Drink fluids
- ✓ Rest when tired
- ✓ Wear a personal flotation device near water (P.F.D.)

## ✗ Never

- ✗ Go alone
- ✗ Drink alcohol

## ✓ Do

- ✓ Be gentle
- ✓ Get person out of cold water, wind, air
- ✓ Dry off, change clothes if wet
- ✓ Cover high heat loss areas
- ✓ Cover with blankets etc.
- ✓ Give warm drinks
- ✓ Protect from cold ground

## ✗ Do Not

- ✗ Rub cold hands/feet
- ✗ Let them move/walk around