



## Irish Water Safety Press Release

21<sup>st</sup> June 2018

### HOT WEATHER MOOD INCREASES DROWNING RISK To stay safe - stay within your depth

In the wake of recent warm weather drownings and forecasted hot weather ahead, Irish Water Safety has issued an alert advising the public on how to stay safe near water.

The hot weather will see many people swimming in open water for the first time this year. The following advice will help safeguard the public from drowning:

1. Swim within your depth and stay within your depth.
2. Supervise children closely and do not use inflatable toys in open water. Schoolteachers should give children water safety advice in classrooms. (See [www.iws.ie](http://www.iws.ie) or direct link <http://www.iws.ie/education/paws.2925.html>)
3. Swim at Designated Bathing Areas where lifeguards are on duty during the bathing season which runs from the 1st of June to the 15th September <http://www.iws.ie/bathing-areas/map.372.html>. If there is no Designated Bathing Area near you then swim in areas that are known locally as safe and where there are ringbuoys present to effect a safe rescue.
4. Make sure that the water's edge is shallow shelving so that you can safely enter and exit.
5. Wear a wetsuit if you are not used to cooler water.
6. Wear a lifejacket when on or near water. See <http://www.iws.ie/boating/personal-flotation-devices.327.html>
7. Alcohol is a factor in one third of drownings. Do not mix it with water activities. See <http://www.askaboutalcohol.ie/health/accidents-and-injuries/>.
8. If you see someone in difficulty, these simple steps may save a life:
  - A. **Shout** to the casualty and encourage them to shore. This may orientate them just enough.
  - B. **Reach** out with a long object such a branch or a piece of clothing but do not enter the water yourself.
  - C. **Throw** a ringbuoy or any floating object and call 112 for the coast guard.

We average eleven drownings every month. This is National Water Safety Awareness Week - please inform your family of the dangers and stay safe by visiting [www.iws.ie](http://www.iws.ie).

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