

Stay safe: drowning

By safely disposing of your liquid waste, you are helping to protect the natural environment. But it's important to protect yourself and others too.

Each year thousands of people die or are seriously injured through accidents. A lot of these deaths could have been prevented if first aid was given before the emergency services arrived.

What should you do if someone is injured?

- First, check you and the injured person are not in any danger. If you are, make it safe
- Call 999 or 112 for medical help or an ambulance. The operator will be able to talk you through basic life-saving instructions
- Provide the injured person with first aid.

The following provides useful instructions on how to apply basic first aid in the event that someone is at risk of drowning.

Drowning

If you see someone having problems in water do not enter unless it's safe to do so. Do not put yourself at risk.

- When the person is on dry land check they're breathing and call 999 for medical help
- If they're not breathing, open their airway and give five initial rescue breaths before starting CPR
- If the person is unconscious but still breathing put them into the recovery position, with their head lower than their body.

Continue watching the person to ensure they don't stop breathing until medical help arrives.

