



West Yorkshire
Fire & Rescue Service

Cold Water Kills



*If you see someone
in difficulty in the water
call 999 ask for FIRE*

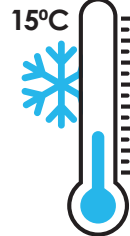
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Do you know that anything below **15°C** is defined as cold water and can seriously affect your breathing and movement, so the risk is significant most of the year.

If you get into difficulty in the water:



- **Take a minute.** The initial effects of cold water pass in the less than a minute so don't try and swim straight away
- **Relax and float** on your back to catch your breath. Try to get hold of something that will help you float
- **Keep calm** then call for help or swim to safety if you're able

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