



#RESPECT THE WATER

Even very strong swimmers have drowned in quarry lakes

The water temperature in quarry lakes significantly affects your ability to swim

'Cold Water Shock'

Sudden immersion in cold water can cause you to gasp involuntarily and inhale water, a rapid increase in breathing and the onset of panic. A deadly combination that can drown even strong swimmers.

Cold water shock can occur in water at 15°C or below. Even in mid-summer, the water in many quarry lakes will be well below this temperature.

Immersion in cold water also causes finger stiffness (making it difficult to climb out), reduced coordination (making it difficult to swim/tread water) and general muscle weakness. In combination these physiological responses to cold water significantly impact on the capabilities of even strong swimmers and one's ability to get out of trouble.

If you get into trouble in a quarry lake
'Float to Live' – tilt your head back with your ears submerged. Relax and move your hands to stay afloat. Once you have adjusted to the water look for a place to exit – call for help.

If you see someone in trouble in a quarry lake
do not enter the water

CALL 999 and ask for the Fire and Rescue Service
TELL them to stay calm and float on their back
THROW them something that floats or find something to reach them and pull them in


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Visit the following sites for more information and resources

Respect the Water – respectthewater.com

Stay Safe – www.mineralproducts.org/Campaigns/Stay-Safe.aspx



Mineral Products Association, 1st Floor, 297 Euston Road, London NW1 3AD Tel 0203 978 3400 www.mineralproducts.org

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