How to use a Ring Buoy

- Stand back from the edge and establish voice contact with the person, shouting 'Kick your legs!'
- Look for the nearest ringbuoy (Yellow Box).

- Stand on the end of the rope or hold it in your hand.
- Holding the ringbuoy, swing back, then release forward with an under-arm throw, shouting: 'Ringbuoy! Ringbuoy! Ringbuoy!'

- Aim to land the ringbuoy beyond the person, so that the ringbuoy can be pulled into their grasp.
- Instruct the person to hold the ringbuoy. Slowly pull them to land, reassuring them.
- Get others to help you.

Always Wear A Lifejacket

It could save your life

Simple Rescues
- SHOUT - call out, encourage them to the shore...
- REACH - with a coat or branch...
- THROW - ringbuoy, rope, throwbag or anything that floats...
IN MARINE EMERGENCIES

call 999 or 112 and ask for MARINE RESCUE
Water Safety on the Farm
You may be surprised, but water safety is important everywhere you go, even on a farm. Look at the important messages below.

**Farm ponds are often out of view of the house, so always have an adult with you.**

**Reeds and grasses often hide the edges of ponds. Stay away from the edge.**

**Farm slurry pits are dangerous and not solid enough to stand on. You would quickly sink.**

**The banks of a pond may be weak and give way under your weight.**

**Keep away from uncovered water barrels.**

**Always make sure holes or drains are safely covered.**
Safe Boating

When you are travelling on a boat make sure you follow the steps listed below.

Carry a marine radio or some means of communicating with shore.

Wear a Personal Flotation Device at all times.

Check the weather for the area before you go.

Always check locally concerning dangerous currents, submerged rocks, strong tides etc.

Leave plans of your trip with someone ashore. Include departure and expected arrival times, a description of your boat and the people on board.

Do not set out unless accompanied by an experienced person.
Safe Boating
continued

Carry an alternative means of propulsion e.g. sails, oars, a spare engine.

Check the condition of boat equipment, fuel levels, the hull, the engine, tools, torches and emergency equipment.

Keep an eye on the weather when at sea - seek shelter in good time.

Carry a fire extinguisher, a hand bailer or bucket with lanyard and an anchor with rope attached.

Carry a first aid kit on board along with distress signals; at least two distress rockets.

Do not overload the boat - this will make it unstable.
Safety at the Pool

Make sure you follow these important steps when you go swimming in your local pool.

An adult should always supervise playtime in and around a pool. Always make sure a Lifeguard is on duty too.

Always check to see how deep the pool is before getting in. Unsure? Ask the Lifeguard.

Remember to check for others before getting into the water.

Be careful not to jump or dive into shallow water.

Watch out for younger children at all times. If in trouble, call for help.

Obey all the pool safety rules, such as no running, no diving. And no horseplay!
Water safety at the Beach
14 Steps to Safe Swimming.

Hi Kids, we all hope you have a great time at the beach this summer. But before you go make sure you know the 14 steps to safe swimming. It is very important to remember how to keep safe at the beach.

1. Swim with others and never alone.
2. Avoid swimming in strange places.
3. Don’t swim just after eating.
4. Never swim out after drifting objects.
5. Never swim when you are hot or tired.
6. Be careful not to stay in the water too long. You may get cold.
<table>
<thead>
<tr>
<th>Never swim out to sea. It’s a long way back!</th>
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</thead>
<tbody>
<tr>
<td>Always swim parallel and close to the shore.</td>
</tr>
<tr>
<td>Do what the lifeguard tells you.</td>
</tr>
<tr>
<td>Learn to use equipment before trying it out.</td>
</tr>
<tr>
<td>Never use air mattresses.</td>
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<tr>
<td>Pay close attention to signs on the beach.</td>
</tr>
<tr>
<td>Don’t be a bully.</td>
</tr>
<tr>
<td>Learn Basic Life Support.</td>
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</tbody>
</table>
Safety at Inland Waterways

Ireland has lots of different inland waterways, which can be dangerous if you are not careful.

- Beware of submerged objects. Always enter the water feet first.
- Do not play near the waters edge - it can suddenly crumble away.
- Cold water in lakes can be dangerous. It is often much colder beneath the surface than you think.
- Never wade in to retrieve floating objects.
- Never walk on ice covered walkways!
- When fishing, always make sure an adult is with you.
Water Safety at Home.

We all feel that our home is safe, but there are many dangers present. Remember that you could drown in very shallow water, in streams or even the pond at the end of the garden. Other dangers include fish or garden ponds, a paddling pool, a well, a water barrel, a septic tank or slurry pit.

- Make sure that bath times are always supervised, and empty baths after using.
- Playtime in paddling pools should be supervised, and always emptied after use.
- Make sure access to rivers, streams and drains, are adequately fenced off.
- Holes or open drains around the house must always be closed or safely covered.
- Rain barrels, water tanks, wells and fish ponds should be covered with wire mesh to prevent children from accidentally falling in.
- Swimming pools should have covers which can be firmly secured when not in use.