

Do you know what to do  
if you're struggling  
in the water?



## FLOAT TO LIVE:

- ▶ **Tilt your head back with ears submerged**
- ▶ **Relax and try to control your breathing**
- ▶ **Use your hands to help you stay afloat**
- ▶ **It's OK if your legs sink, we all float differently**

**In a coastal emergency  
call 999 or 112 for the coastguard**

Get more advice at [RNLI.org/keysafetytips](https://www.rnli.org/keysafetytips)

**The RNLI is the charity that saves lives at sea**

The Royal National Lifeboat Institution, a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (CHY 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (1308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HZ

  
**#RESPECTTHEWATER**