

SAFETY IN ACTION



WATER INSIGHT, SAFETY & EDUCATION

PRODUCTION Water Safety Ireland

3

ROLL

2

SCENE

6

SHOT

4

TAKE

DIRECTOR T. O'Hara CAMERAMAN S. Burke

DATE 25 / 08 / 2021





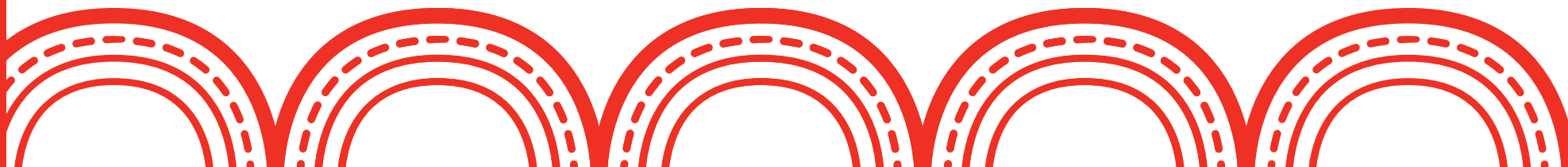
Following all the previous lessons, you should now know about the risks around water and how to stay safe. But what if you face an emergency and you have to do something to help? In this lesson we look at ways you can help without putting yourself in danger.

There are five separate videos which explain how to stay safe while helping someone in the water. Watch them, discuss them, remember their key messages - and practise what they show:

VIDEO 1: STAYING SAFE WITH NON-CONTACT RESCUES

The key message of this video is:

- **REMEMBER THE GOLDEN RULE:** voice, reach or throw – don't go. Never ever come in direct contact with a person in difficulty. Look around and use whatever is available to reach the person in the water that they can use to float and hold as you pull them in.
- **DON'T PUT YOURSELF IN DANGER TOO.** Avoid entering the water if all possible. Sadly many people have drowned attempting to rescue others. They dived without thinking and didn't have the skills cope.





VIDEO 2: VOICE RESCUES

Video 2's key points, which you should practice, are:

- **CALL OUT:** be loud, clear and calm and tell the person what to do. 'Kick your legs' is an important instruction that can help keep their head above the water,
- **REASSURE:** tell them they can make it back (this helps prevent panic).
- **GUIDE:** direct them back to safety. Tell them clearly where to go.



VIDEO 3: THROWING RESCUES

Watch Video 3 and practice its key points:

- **CALL OUT:** be loud, clear and calm. Tell them what you are throwing them.
- **CHECK BEFORE YOU THROW:** think how the wind, water flow and anything else may affect what you throw.
- **THROW UNDER ARM:** this gives you more control and accuracy.
- **IF YOU THROW A ROPE:** throw it beyond the person and pull it back to them. Stand on one end of the rope to make sure it stays with you.
- **IF YOU THROW ANYTHING ELSE (EG A FOOTBALL):** throw it beside them. Exercise: think of things that would be helpful.
- **THROWING A RING BUOY?** Don't let go of its rope and keep a firm grip.





VIDEO 4: REACHING RESCUES (ONLY IF IT'S SAFE TO DO SO!)

Watch Video 4 and practice its key points:

- **CALL OUT:** Be loud, clear and calm. Explain what you are doing.
- **CHECK DEPTH:** Don't wade out too far. If there's a long stick handy, use it to test the depth and then reach the person.
- **USE WHATEVER CAN BE GRABBED:** Use anything like a shirt, hurley, branch, stick, jumper etc that can be grabbed
- **STAY IN CONTROL:** tell whoever you are rescuing to keep their distance. Say you'll leave them if they come too close. Don't let them put you in danger.
- **LIE FLAT:** If you are rescuing someone from a bank or edge, lie flat to stay secure.

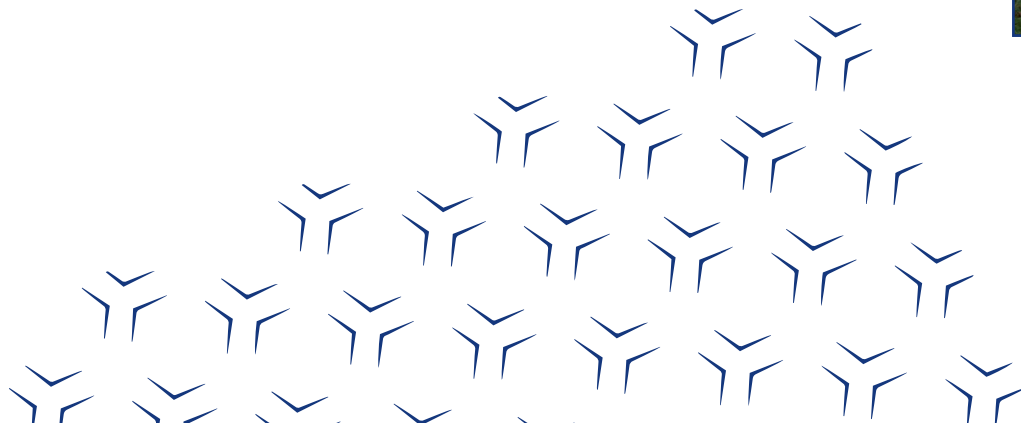


VIDEO 5. AFTERWARDS

Everyone involved will be stressed after a rescue.

Video 5 explains that you should:

- Keep the person warm and calm
- Don't give them any food or drink
- Call for help – contacting emergency services (999,112)
- Stay with them until help arrives





- 1 IF YOU SEE SOMEONE IN DANGER IN THE WATER, NEVER PUT YOURSELF AT RISK. USE NON-CONTACT RESCUES. CALL FOR HELP.**
- 2 USE YOUR VOICE TO CALM, REASSURE AND GUIDE THE PERSON.**
- 3 THROW SOMETHING THEY CAN GRAB THAT WILL HELP THEM FLOAT OR YOU CAN USE TO PULL THEM IN.**
- 4 USE SOMETHING TO REACH THE PERSON IN DIFFICULTY - BUT ALWAYS KEEP A SAFE DISTANCE BETWEEN YOURSELF AND THAT PERSON.**



REAL LIFE EMERGENCIES

It's the middle of winter, it's freezing and it's been snowing - but Bruno the little dog still wants his walk. So Fiachra and his big sister Caoimhe volunteer to take him to the park. In the park at the big pond, they see ducks walking across its frozen surface. Bruno sees them too and chases out onto the ice. Fiachra and Caoimhe scream in panic telling him to come back. But Bruno is confused and can't walk properly without sliding.

He's only a couple of metres out - but won't budge. Then Fiachra says he'll edge out onto the ice and grab the dog's collar. He does but then the ice completely gives way under him and he's up to his neck in water – the pond was far deeper than anyone expected! Instantly Caoimhe grabs a long-broken branch and tells him to grab it. Fiachra does and he and Bruno are pulled onto the bank.

RISK ASSESSMENT:

- Should you ever walk on ice in Ireland?
- Was it possible to know how deep the pond was?
- What other dangers does Fiachra now face?

ABILITY ANALYSIS:

- What should Fiachra have done?
- Did Caoimhe use the best available rescue technique?

ACTIVITY

Put a rug or blanket down on the classroom floor which represents the water. Then someone from the class should sit down in the 'water' and pretend to be a swimmer who can't get back to shore.

Put some ordinary "throwing" rescue items (e.g. an inner tube, a life jacket, a beach ball or basketball) on the floor on the other side of the room. Make sure they're light so they don't hurt the swimmer!

Each student should practice throwing a rescue item to the 'swimmer'. Tell the swimmer to try to catch the objects but not to leave the 'water'. The item being thrown has to get reach.

Learn to look at ordinary items and figure how well they would float.

