If someone is drowning – don't jump in – help them!
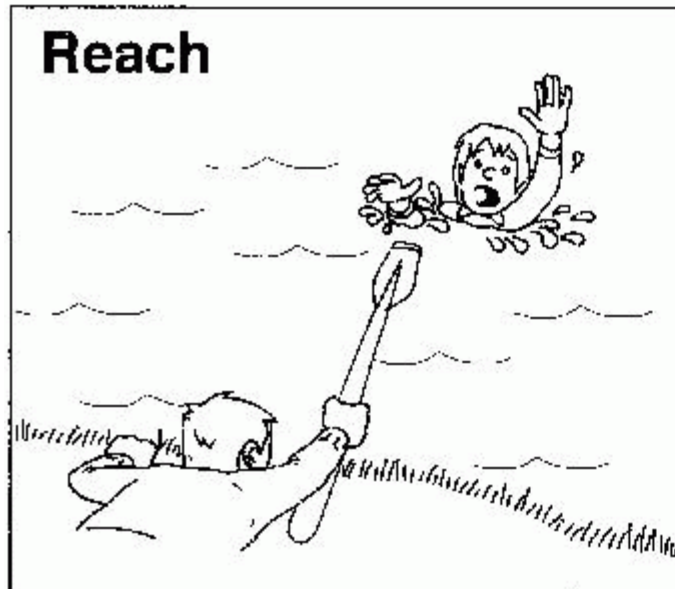
Raise the alarm by calling out for help

Find a telephone and dial 999

Reach

Throw

Stay calm and call for help immediately