

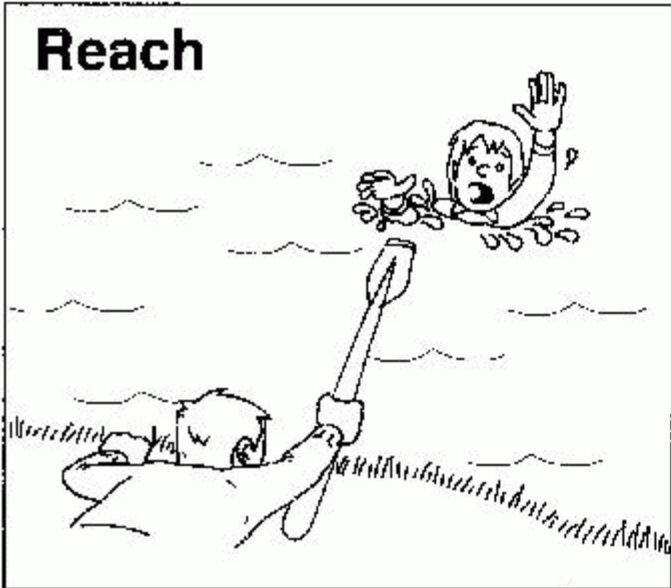
# If someone is drowning – don't jump in – help them!

Raise the alarm by  
calling out for help

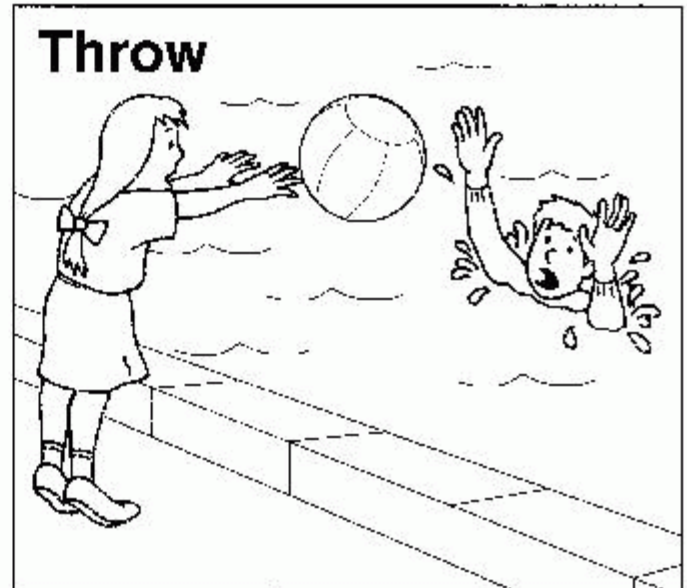


Find a telephone and  
dial 999

**Reach**



**Throw**



Stay calm  
and call for help  
immediately