



# Lifeboats

## GIVE YOURSELF A FLOATING CHANCE

The average temperature of British and Irish coastal waters is 12–15°C. That's cold enough to cause cold water shock.

If you're in trouble in cold water:

- 1 Fight your instinct to thrash around**
- 2 Lean back, extend your arms and legs**
- 3 If you need to, gently move your arms and legs to help you float**
- 4 Float until you can control your breathing**
- 5 Only then call for help or swim to safety**

### FOR THOSE WHO FIND FLOATING A LITTLE HARDER:

- clothing can provide natural buoyancy for the first few minutes.
- stick to gentle movement to help you float.
- practice your floating technique in a pool.

### WHEN THE SHOCK HAS PASSED, LOOK FOR SAFETY. OPTIONS ARE LIKELY TO INCLUDE:

- swimming to safety – parallel to the beach if you're caught in a rip current.
- calling for help.
- finding something to hold onto to help keep afloat.
- thinking about ways to preserve body heat until help arrives.

Help save lives. Share our Float to Live advice.  
[RNLI.org/RespectTheWater](https://RNLI.org/RespectTheWater)

The RNLI is the charity that saves lives at sea  
Royal National Lifeboat Institution (RNLI), a charity registered in England and Wales (209603),  
Scotland (SC037736), the Republic of Ireland (20003326) and the Bailiwick of Jersey (14)





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## RESPECT THE WATER WHEREVER YOU ARE

### What do you do if you see someone in trouble in the water?

All too often, people's first instinct is to go into the water. As a result, too many people drown trying to save others or their pets.

If you see somebody in danger of drowning at the coast, **call 999 or 112** and ask for the coastguard straight away.

Look for something that floats and throw it out to them.

Help them stay calm and encourage them to float.

#### HELPING YOU TO STAY SAFE



#### AT THE BEACH

- Go to a lifeguarded beach and swim between the red and yellow flags.
- Before going into the sea, consider your ability and the conditions; swimming in the sea is very different to swimming in a pool.
- When you enter the water, take time to acclimatise to the temperature.
- Have someone watching you from the beach and make sure they are able to call for help.



#### NEAR OPEN WATER

- When you're near open water, keep away from the edge; stick to designated paths and look out for safety signs; and keep clear of uneven, unstable or slippery ground.
- Avoid walking alone or at night, and always carry a means of calling for help.
- If exploring the coastline, always get local advice on the tide to make sure you don't get cut off.



#### ON THE WATER

- Carry a means of calling for help in case you do end up in trouble.
- Wear the appropriate flotation device, such as a lifejacket or buoyancy aid, it could save your life.
- If you are going out alone, tell someone ashore about your plans and what time you expect to be back.

To find out more visit: [RNLI.org/RespectTheWater](https://www.rnli.org/RespectTheWater).

Please support us by sharing these important lifesaving skills.

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Yr RNLI yw'r elusen sy'n achub bywydau ar y môr.  
Sefydlad Brenhinol Cenedlaethol y Badau Achub (RNLI), elusen a gofrestrwyd yng Nghymru  
(209603), yr Alban (SC037736), Gwerniaeth Iwerddon (Z0003326) a Belliaeth Jersey (14)

I gael gwylbod mwy, ewch i: [RNLI.org/RespectTheWater](http://RNLI.org/RespectTheWater).  
Cefnogwch ni drwy rannu'r sgiliau achub bywyd pwysig hyn.

- Gwnewch yn siwr fod genych chi'n fodd o alw am gymorth, rhag ofn y byddwch chi'n mynd i draffwrth.
- Gwisgwch y ddyfaeis arffodol, fel siaced achub neu gymorth arffodol – fe allai achub eich bywyd.
- Os byddwch chi'n mynd allan ar eich pen eich hun, a dywedwch wrth rywun ar y lan beth yw'ch cynlluniau a phrdd rdydych chi'n ddisgwyl dychwelyd.



- Pan fyddwch chi ger dŵr agored, cadwch draw oddi wrth yr ymyl, arhoswch ar lwybrau dynodedig a chymerwch sylw o arwyddion diogelwch; hefyd, cadwch draw oddi wrth dir anwastad, ansefydlog neu lithnrg.
- Ceisiwch osgoi cerdded ar eich pen eich hun neu yn y nos, a gwnewch yn siwr fod genych chi'n fodd o alw am gymorth bob amser.
- Os byddwch chi'n archwilio'r arfordir, ceisiwch gyngor lleol ynghyd â'r llanw bob amser i wneud yn siwr na fyddwch chi'n cael eich ynysu.



- Ewch i draeth lle mae achubwyr bywyd yn gweithio a nofwrch rhwng y baneri coch a melyn.
- Cyn mynd i'r môr, ystyriwch eich gallu a'r amodau; mae nofio yn y môr yn wahanol iawn i nofio mewn pwll.
- Pan fyddwch chi'n mynd i'r môr, cymerwch eich amser i gynefino â'r tymbheredd.
- Gofynnwch i rywun gadw llygad arnoch o'r traeth a gwnewch yn siwr eifod yn gallu galw am gymorth.



EICH HELPU I AROS YN DDIOGEL

Yn amlach na pheidio, mae greddf pobl yn dweud wrthyn nhw am fynd i'r dŵr: O ganlyniad, mae gormod o bobl yn boddi wrth geisio achub pobl eraill neu eu hanfelleiald anwes.

Os gwelwch chi rywun sydd mewn perygl o fodd i ar yr arfordir, ffoniwch **999** neu **112** a gofynnwch am wylwyr y glannau yn syth.

Beth ddylech chi ei wneud os gwelwch chi rywun mewn traffwrth yn y dŵr?

# PARÇHWCH Y DWR BLE BYNNAG RYDYCH CHI



# ARNOFIO YW'CH CYFLE GORAU I OROESI

Tymheredd dyfroedd arfordirol  
Prydain ac Iwerddon yw  
12-15°C ar gyfartaledd.  
Mae hynny'n ddigon oer  
i achosi sloc dŵr oer.

Os byddwch chi mewn trafwrth mewn dŵr oer:

- 1 Brwydrwch yn erbyn eich greddd i nofio
- 2 Pwyswch yn ôl, ac ymestynnwch eich coesau a'ch breichiau
- 3 Os bydd angen, symudwch eich breichiau a'ch coesau'n ysgafn i'ch helpu i arnofio
- 4 Arnofiwch hyd nes y gallwch reoli eich anadl
- 5 Dim ond wedyn dylech alw am help neu nofio i ddiogelwch

OS YDCH CHI'N EI CHAEL HI'N FWY  
ANODD ARNOFIO:

- gall eich dillad eich helpu i arnofio am yr ychydig funudau cyntaf;
- cadwch eich symudiadau'n ysgafn i'ch helpu i arnofio.
- ymarferwch eich techneg arnofio mewn pŵll.

- nofio i ddiogelwch – yn gyfochrog a'r traeth
- os ydych chi mewn cerbynt terfoll.
- gallw am help.
- dod o hyd i rywbeth i atfael ynddo i'ch helpu i arnofio.
- meddwl am ffyrdd o gynnal gwres eich corff hyd nes y bydd help yn cyrraedd.

Helpwch i achub bywydau. Rhannwch ein cyngor  
Arnofiwch i Fyw. [RNLI.org/RespectTheWater](http://RNLI.org/RespectTheWater)

