



Lifeboats

# ARNOFIO YW'CH CYFLE GORAU I OROESI

Os byddwch chi mewn trafferth mewn dŵr oer:

- 1 Brwydrwch yn erbyn eich greddf 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**

# GIVE YOURSELF A FLOATING CHANCE

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**

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

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



Yr RNLI yw'r elusen sy'n achub bywydau ar y môr.  
Sefydliad Brenhinol Cenedlaethol y Badau Achub (RNLI), elusen a gofrestrwyd yng Nghymru a Lloegr (209603),  
yr Alban (SC037736), Gweriniaeth Iwerddon (20003326) a Beiliaeth Jersey (14)

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)