SÁBHÁILTEACHT UISCE NA hÉIREANN
WATER SAFETY IRELAND

FOR THIRD AND FOURTH CLASSES

WELCOME TO PAWS

PRIMARY
AQUATICS
WATER
SAFETY

WATER IS FUN -

BUT YOU NEED TO BE CAREFUL AROUND IT.
LEARN HOW TO STAY SAFE WHEN YOU'RE NEAR:

HOMES, FARMS, POOLS, BEACHES, RIVERS AND CANALS

PAWS IS BACK!

HELLO THERE!

Do you remember Splash the Bear and River the Otter?

When you were younger, they told you how to stay safe around water. Well, like you, they've grown up a lot since then, and they know a lot more too!

PAWS 3 tells you about keeping safe around places like rivers and boats. It has loads of great ideas – and there's lots of fun too.

(Well, water should be fun, shouldn't it?)

READY? LET'S GO!...

BETTER BATH TIMES

Baths are about getting clean – and having fun.
But they're also slippery and have hard edges.
So, to stay safe:

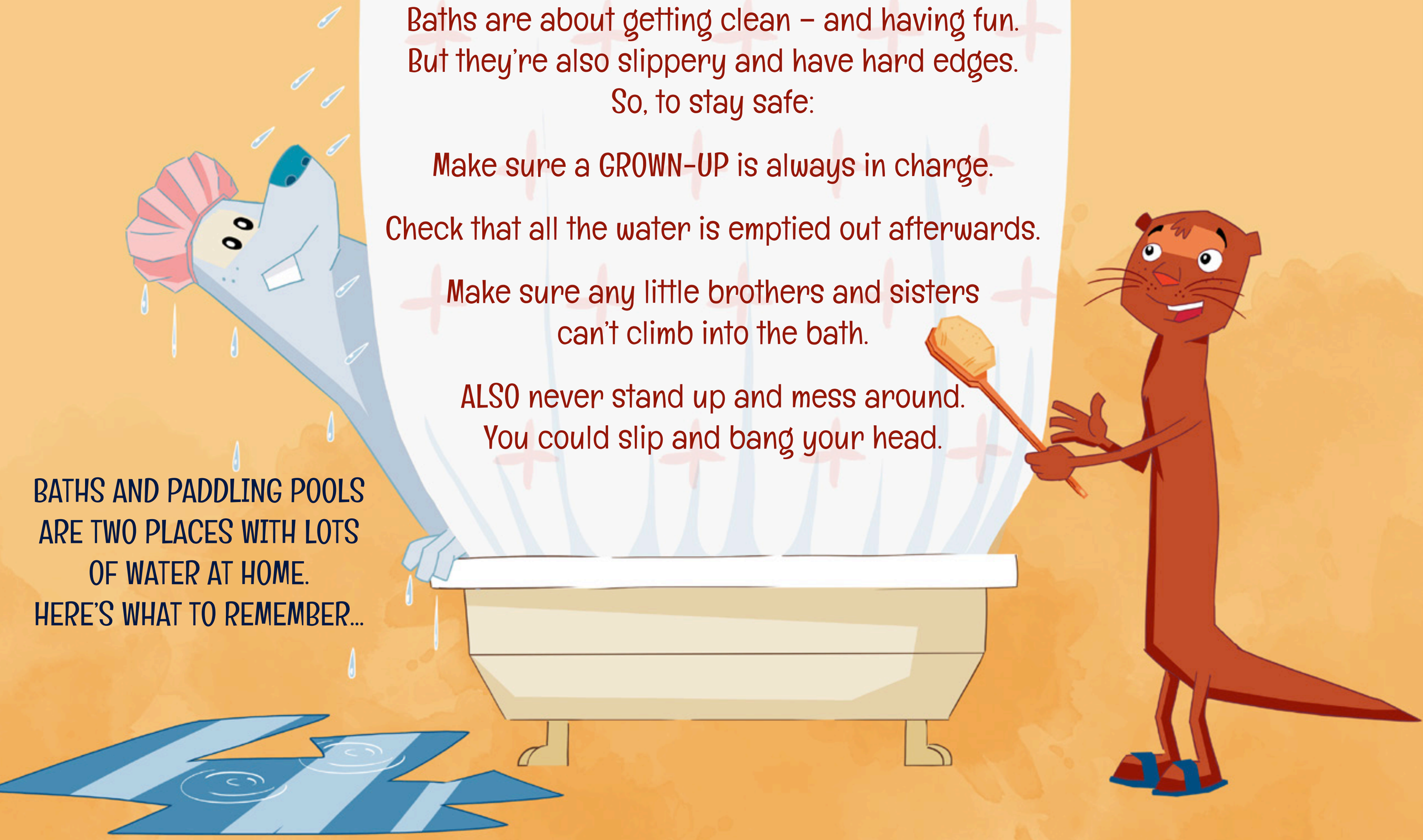
Make sure a GROWN-UP is always in charge.

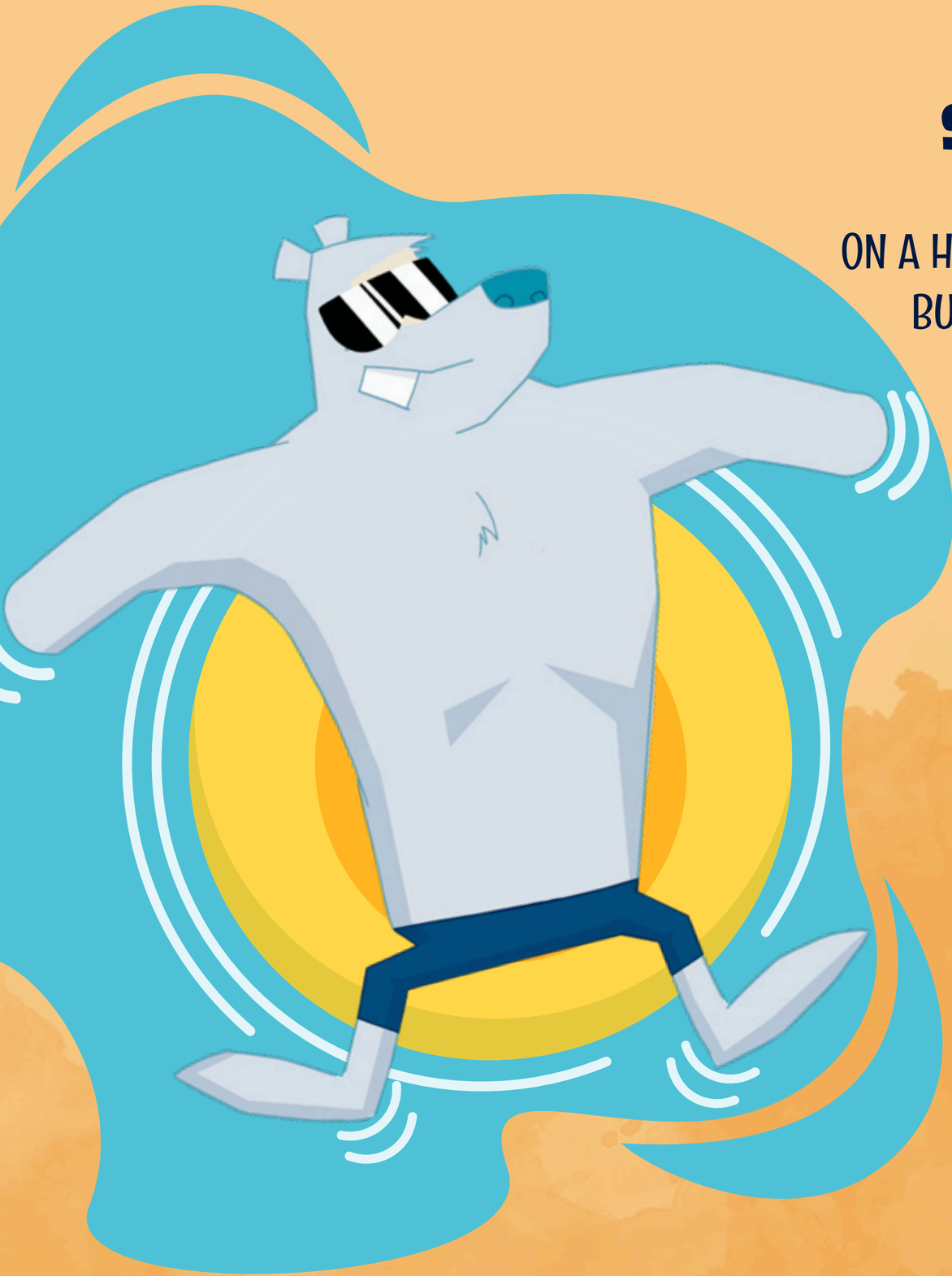
Check that all the water is emptied out afterwards.

Make sure any little brothers and sisters
can't climb into the bath.

ALSO never stand up and mess around.
You could slip and bang your head.

BATHS AND PADDLING POOLS
ARE TWO PLACES WITH LOTS
OF WATER AT HOME.
HERE'S WHAT TO REMEMBER...





SUMMER SPLASHING OUTDOORS

ON A HOT SUMMER'S DAY, PADDLING POOLS ARE LOADS OF FUN.
BUT WITH ALL THAT WATER, YOU MUST BE CAREFUL TOO.
SO IF YOU AND YOUR FRIENDS ARE PLAYING:

ALWAYS have a grown-up around – and follow their rules.

NEVER hold anyone's head under the water.

WEAR armbands unless you're a really good swimmer already.

GOT LOTS OF WATER AROUND YOUR HOUSE?

SOME HOUSES HAVE RIVERS NEAR THEM. OTHERS HAVE PONDS IN THE GARDEN. SOME HAVE WATER BARRELS. AND SOME LUCKY PEOPLE EVEN HAVE THEIR VERY OWN SWIMMING POOLS.

HERE'S THE SIMPLE RULE: ANYWHERE WITH WATER CAN BE DANGEROUS.

So stay away from all these places unless you have a grown-up near you.

WHAT DO YOU DO IF WATER HAS CAUSED A PROBLEM:

TELL AN ADULT FAST!

CALL THE EMERGENCY SERVICES ON 112, THEN:

If someone's hurt, ask for an Ambulance.

If someone needs rescuing, ask for the Fire Service.

If someone needs rescuing from water, call the emergency services on 112 and ask for the Irish Coast Guard.

CLEARLY EXPLAIN WHAT'S HAPPENED AND WHERE YOU ARE.

HINT: make sure you know your home's exact address and Eircode so help can get there as fast as possible if you're there.

STAY ON THE PHONE AND TRY TO ANSWER THE OPERATOR'S QUESTIONS AS CLEARLY AS POSSIBLE.

NEVER GO INTO THE WATER AND TRY TO RESCUE SOMEONE YOURSELF!

REMEMBER: IF YOU'RE WORRIED AND IT'S A REAL EMERGENCY, DON'T WAIT FOR SOMEONE ELSE TO CALL!

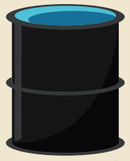
FARMS ARE INTERESTING PLACES AND CAN SEEM LIKE FUN –

BUT THEY'RE NOT PLAYGROUNDS SO NEVER EXPLORE THEM WITHOUT A GROW-UP.

HERE ARE A FEW OTHER THINGS STAY AWAY ON A FARM.

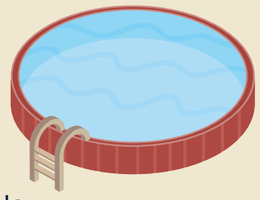
ANIMAL DRINKING TROUGHS

These are for animals only!
Stay safe and keep away from them.



RAIN BARRELS

Sometimes farmers collect rain in big barrels to use on the farm or give to animals. Don't play near these in case you fall in.



WATER TANKS

Farms can need lots of water. So if you're on a farm that has a really big water tank, don't play near it – and definitely don't mess around!

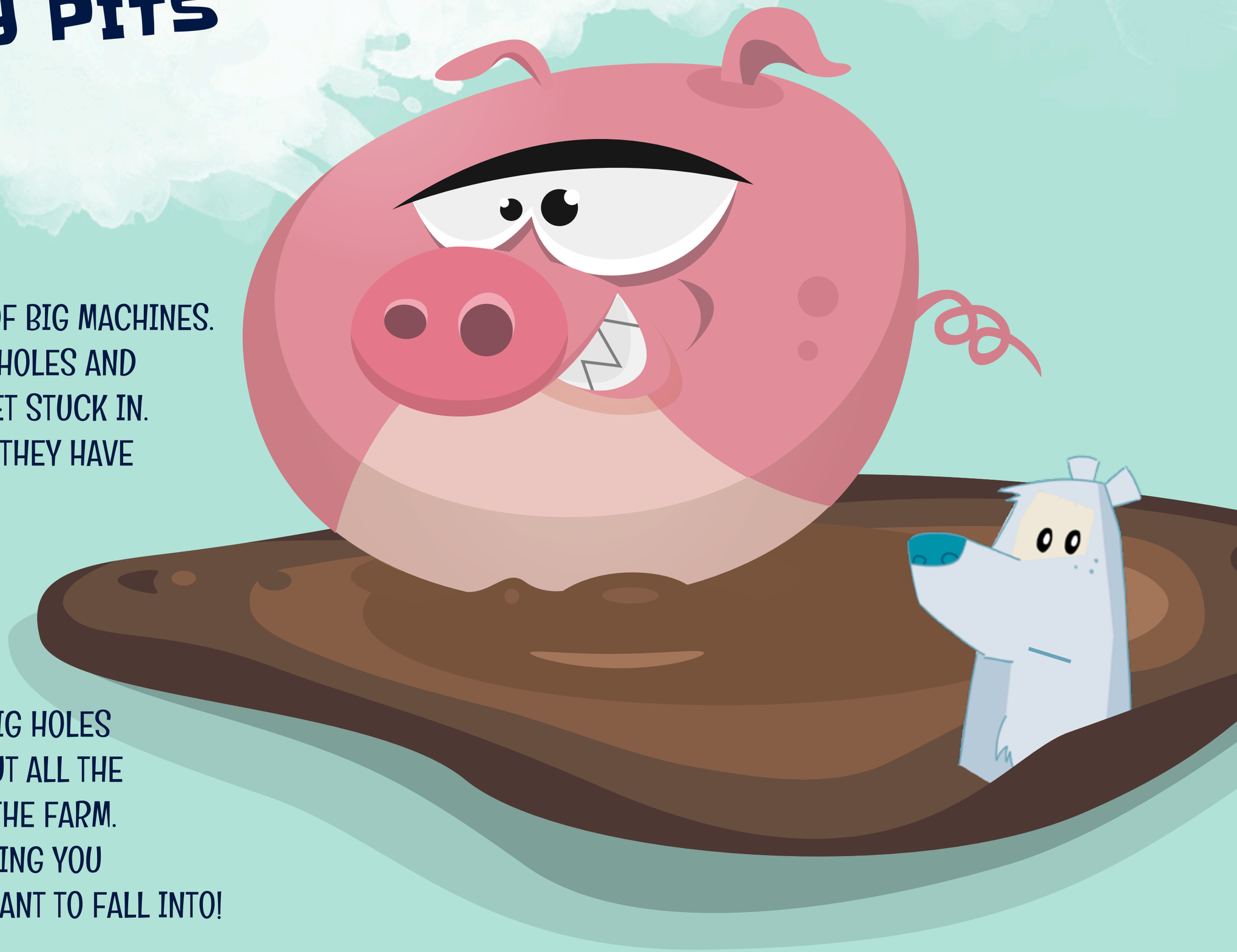
PONDS AND RIVERS

SAFE stands for "Stay Away From Edges". It's very easy to slip into the water – and can be really hard to get out again. Leave ponds and rivers to ducks!

AND REMEMBER... IF A BALL OR BOAT FLOATS OFF, NEVER TRY TO REACH IT WITH A STICK. YOU COULD EASILY TOPPLE IN!

SLURRY PITS

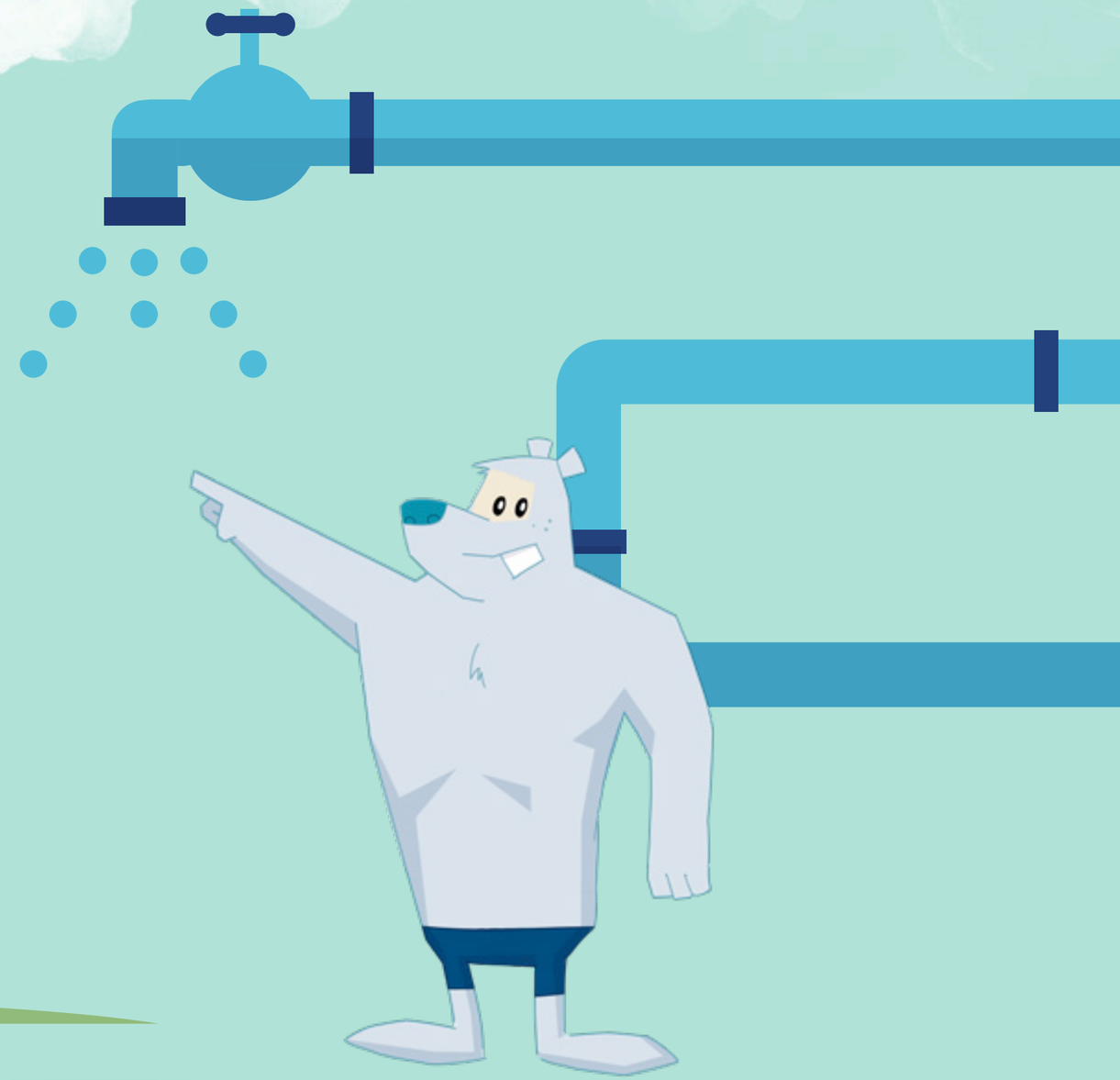
FARMS HAVE LOTS OF BIG MACHINES. THEY HAVE HIDDEN HOLES AND DRAINS YOU CAN GET STUCK IN. AND WORST OF ALL, THEY HAVE SLURRY PITS.



SLURRY PITS ARE BIG HOLES WHERE FARMERS PUT ALL THE ANIMAL POO FROM THE FARM. AND THAT'S SOMETHING YOU DEFINITELY DON'T WANT TO FALL INTO!

REMIND GROWN-UPS ABOUT WATER SAFETY!

IF YOU'RE ON A FARM, ASK AN ADULT IF ALL THE DANGERS LIKE SLURRY PITS, WATER TANKS AND RIVERS ARE ALL COVERED OR HAVE A FENCE AROUND THEM. IF THEY'RE NOT, IT'S YOUR CHANCE TO TEACH THE ADULTS A THING OR TWO ABOUT WATER SAFETY!



REMEMBER

NEVER TRY TO WALK ON ICE – IT WILL BREAK AND YOU'LL FALL IN.

HAVE YOU LEARNED TO SWIM YET?

IT'S REALLY IMPORTANT – SO IF YOU AREN'T A GOOD SWIMMER, ASK FOR LESSONS. THEN YOU CAN HAVE EVEN MORE FUN AT THE POOL.

BUT WHENEVER YOU'RE AT THE POOL, REMEMBER THE BIG RULES:

CHECK THE LIFEGUARD.

Make sure there's a lifeguard and they know you're there.

DON'T JUMP RIGHT IN.

Wait until your parent or the lifeguard says it's OK.

DON'T RUN, PUSH OR SHOVE.

Pools are slippery places and you could accidentally knock someone into the water.

DO AS THE LIFEGUARDS SAY.

They want to keep you safe. Help them do their job by following instructions.

STAY AWAY FROM THE DEEP END.

Make sure your feet can always touch the bottom of pool while you keep your head out of the water.

DON'T MAKE TOO MUCH NOISE.

If you're too loud, lifeguards won't hear someone calling for help.

DON'T JUMP ON ANYONE IN THE POOL.

If you hurt or scare them, they could lose control. Especially if they're not strong swimmers.

NEVER PUSH SOMEONE'S HEAD UNDER THE WATER.

It might seem fun – but it's really dangerous.

EVERYONE LOVES THE BEACH...

ESPECIALLY WHEN YOUR DAD FALLS ASLEEP AND YOU CAN COVER HIM IN SAND!

BUT IF YOU GO NEAR THE WATER, THERE'S IMPORTANT STUFF YOU NEED TO KNOW:

THE IMPORTANT SAFETY STUFF:

HERE'S WHAT YOU ALWAYS NEED TO REMEMBER AT THE BEACH:

LOOK OUT FOR RED WITH YELLOW FLAGS.
They show where it's OK to swim – but make sure you can see the lifeguard too.

DON'T GO NEAR THE SEA WITHOUT A GROWN-UP SUPERVISING.

UNLESS YOU'RE A VERY GOOD SWIMMER, WEAR ARMBANDS.

DON'T GO IN ALONE.

DON'T GO INTO WATER HIGHER THAN YOUR WAIST.

ARE THERE ANY WARNING SIGNS AROUND? DO WHAT THEY SAY.

DON'T SWIM IF YOU'RE HOT OR TIRED.

DON'T SWIM AFTER ANYTHING DRIFTING.

DON'T STAY IN THE WATER TOO LONG.

STAY CLOSE TO THE BEACH.

ALWAYS DO WHAT THE LIFEGUARD TELLS YOU.

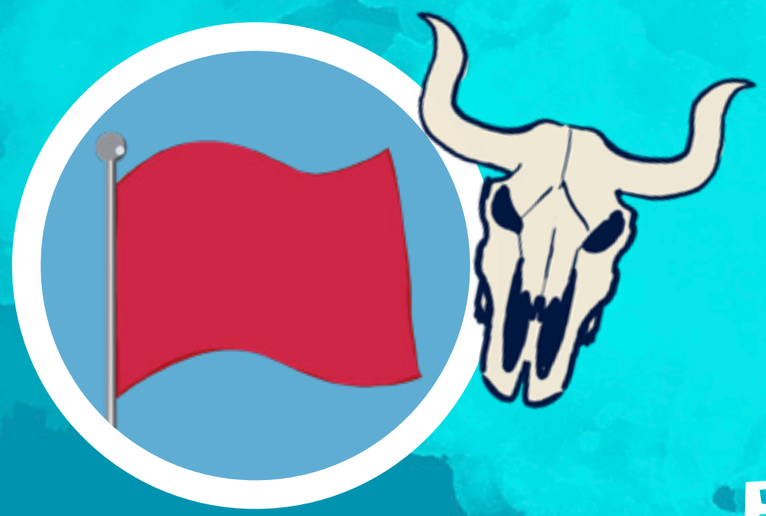
NEVER BRING AIR MATTRESSES INTO THE WATER.

DON'T MESS AROUND OR BE A BULLY – AND NEVER HOLD ANYONE UNDER THE WATER.

IF YOU'RE SCARED, SHOUT AND WAVE!

WHAT ALL THE BEACH FLAGS MEAN?

STAY WATER SAFE AT THE BEACH



RED FLAG

DON'T SWIM!

IT'S NEVER SAFE TO SWIM HERE AT ANY TIME

RED WITH YELLOW FLAGS

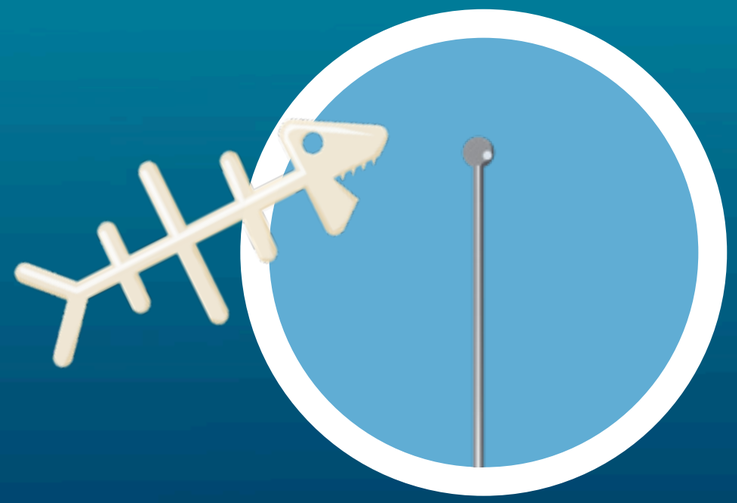
YOU CAN SWIM

IN THE WATER BETWEEN THESE FLAGS.

BLACK AND WHITE FLAGS

DON'T SWIM!

THE WATER BETWEEN THESE FLAGS IS JUST FOR SURFERS AND WINDSURFERS.



NO FLAG

DON'T SWIM!

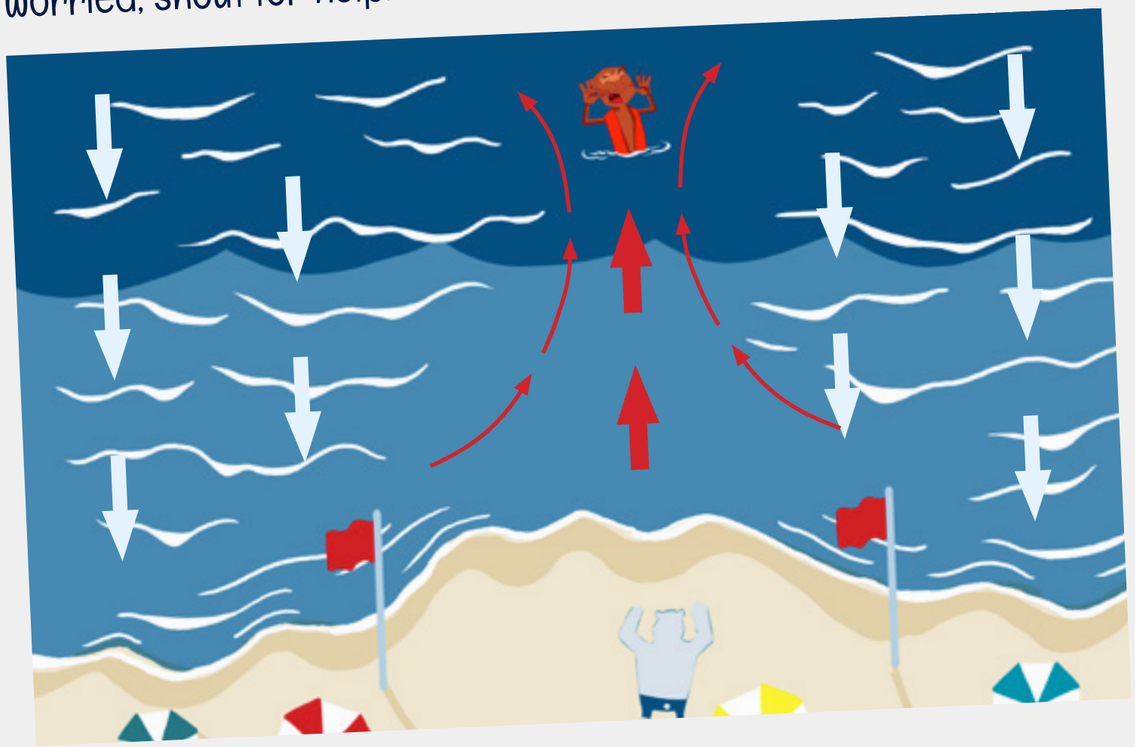
THERE'S NO LIFEGUARD ON DUTY SO THE WATER'S NOT SAFE.

WHAT TO DO IF YOU'RE SCARED IN THE WATER?

IF YOU GET INTO TROUBLE IN THE SEA OR ANY DEEP WATER, TRY TO FLOAT ON YOUR BACK. THEN WAVE AND SHOUT FOR HELP, IF YOU CAN.

WATCH OUT FOR "RIP CURRENTS"

Some sea waves can be really powerful. So even if the sea seems calm, be careful. And if you feel the sea pulling you out and you're worried, shout for help.



...AND WATCH OUT FOR PEOPLE IN THE WATER

If you're the first to see someone in trouble, NEVER GO INTO THE WATER TO RESCUE ANYONE YOURSELF.

INSTEAD:

Tell a lifeguard, or any grown-up or shout for help – FAST!

Phone the emergency services on 112.

If a Ring Buoy is handy - and the person is near enough - throw it to them.

If not, throw out anything that floats (like a ball or plastic container) or a rope.

BUT REMEMBER:
DON'T GO INTO THE WATER YOURSELF!

ALWAYS WEAR A LIFEJACKET ON A BOAT!

IT'S VERY IMPORTANT THAT IF YOU'RE EVER ON A BOAT, YOU ALWAYS WEAR A LIFEJACKET! IF YOU HAVEN'T BEEN GIVEN ONE, ASK FOR IT.

IMPORTANT FACTS ABOUT ABOUT LIFEJACKETS

THEY NEED TO FIT YOU PROPERLY. SO ASK A GROWN-UP TO ADJUST ALL STRAPS – AND IF YOU THINK IT'S NOT RIGHT, SAY SO!

YOUR LIFE JACKET ALSO HAS A WHISTLE. BLOW THIS SO RESCUERS KNOW WHERE YOU ARE.

IF YOUR LIFEJACKET HAS A RED TOGGLE, PULL IT WHEN YOU'RE IN THE WATER. THIS WILL MAKE IT INFLATE LIKE A BALLOON!

WHEN THE LIFEJACKET INFLATES, DON'T SWIM. JUST WAIT TO BE RESCUED. IF YOU SWIM, YOU'LL GET TIRED AND COLD.

WHAT TO DO ON A BOAT

REMEMBER SAFE – STAY AWAY FROM THE EDGE!

ONLY GET INTO A BOAT IF A GROWN UP IS WITH YOU.

FOLLOW ALL THE INSTRUCTIONS YOU HEAR.

DON'T MESS OR MUCK ABOUT – YOU MIGHT KNOCK SOMEONE ELSE IN.

MAKE PIRATE NOISES FROM TIME TO TIME. ("ARRRRRR!" IS ALWAYS A GOOD ONE.)

ASK THE CAPTAIN WHY HE HASN'T GOT A WOODEN LEG. (BUT IF HE HAS, SAY NOTHING!)

RIVERS, CANALS, LAKES, RESERVOIRS AND EVEN QUARRIES ARE ALL VERY WATERY PLACES - AND THAT MEANS DANGER.

HERE ARE A FEW THINGS TO REMEMBER

RIVER AND STREAM BANKS ARE SLIPPERY. THEY CAN ALSO BREAK AWAY INTO WATER. SO REMEMBER SAFE – STAY AWAY FROM EDGES!

WATER MIGHT LOOK SHALLOW. BUT SOMETIMES THERE ARE HIDDEN BITS THAT ARE VERY DEEP.

REEDS AND WEEDS CAN HIDE DEEP WATER.

DON'T WALK OR SWIM IN RIVERS – THE WATER IN THEM CAN BE VERY STRONG AND SWEEP YOU AWAY.

CANALS AND RIVERS CAN HAVE LOTS OF DANGEROUS RUBBISH HIDDEN IN THEM. YOU COULD GET TANGLED UP IN OLD BIKES AND OTHER JUNK.

WATER THAT DOESN'T MOVE CAN BE DIRTY AND FULL OF GERMS. DON'T FORGET THAT RATS GO TO THE TOILET IN RIVERS AND CANAL!

WHAT DO ALL THE SIGNS MEAN?

SAFETY SIGNS TELL YOU HOW TO KEEP SAFE. HERE'S WHAT THEY MEAN:

WHITE SIGNS WITH BLACK LETTERS TELL YOU IMPORTANT INFORMATION:

DIAMOND YELLOW SIGNS WARN YOU OF DANGERS.

FOR EXAMPLE, THIS MEANS: NO DIVING.

ROUND SIGNS WITH A RED RING TELL YOU NOT TO DO SOMETHING.

FOR EXAMPLE, THIS MEANS: NO SWIMMING.

ROUND BLUE SIGNS TELL YOU TO DO SOMETHING.

FOR EXAMPLE, THIS MEANS: LIFEJACKETS MUST BE WORN.

GREEN SIGNS TELL YOU SAFETY INFORMATION.

FOR EXAMPLE, THIS MEANS: THERE'S AN EMERGENCY TELEPHONE HERE.

HOW MANY CAN YOU REMEMBER? YOUR TEACHER WILL SHOW YOU LOADS OF WATER SAFETY SIGNS – SEE HOW MANY YOU CAN REMEMBER.