



accidents don't have to happen

xylem

Even when the weather is hot, the water is still cold

Cold water shock happens when you enter cold water too quickly. You can't control it. It affects your ability to breathe and swim, even if you are a strong swimmer.

**Cold water shock can cause drowning.
Reduce the risk of cold water shock. Enter the water slowly.**

For more information, visit the RoSPA website:
rospa.com/water-safety/cold-water-shock

