Cold Water Safety

A poster on cold water shock: why water below 70°F needs caution, what to wear, what to do if you fall in, and how to help someone from shore.

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Poster · For adults, teens, parents, responders

Sudden cold water can make you gasp, even in water as warm as 77°F. Water pulls heat from your body 25 times faster than air. Treat water below 70°F with caution.

Before you go: wear a life jacket. Dress for the water, not the air.

If you fall in

1. Stay calm. Get out as soon as you safely can.
2. Can't get out? Keep your head out of the water, knees to your chin, arms pressed to your sides.

Someone else? Call 911. Reach or throw from shore. Don't go in or out on the ice.

What you can do today: check the water temperature before your next trip. Learn more in cold water shock.

Sources

1. Cold Water Hazards and Safety, National Weather Service. https://www.weather.gov/safety/coldwater
2. What Is Cold Water?, National Center for Cold Water Safety. https://www.coldwatersafety.org/what-is-cold-water
3. What if someone else falls in?, Minnesota Department of Natural Resources. https://www.dnr.state.mn.us/safety/ice/saving.html

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