

COLD WATER SAFETY



Body heat can be lost **25 times** faster in cold water than in cold air

20% of those who fall into cold water **die in the 1st minute** due to cold shock



Wearing a life jacket **significantly** increases chance for survival



**WEAR IT
UTAH**



Check the weather before you go out on the water



Falling into cold water:

- 1 min to control breathing
- 10 min of muscle control
- 1 hr until hypothermia

Even strong swimmers will **lose muscle control in 10** minutes



Even when the air is **hot**, water can be **cold!**

Dress for the water temperature, not air temperature