

Water Safety transcript

[At the top left a Durham County Council logo followed by the text 'Water Safety in county Durham' is displayed. Both are visible throughout the video.]

[Still image with an 'Altogether Safer, Safe Durham Partnership' logo and text which reads: Water Safety In County Durham.]

[The video interview is a head and shoulders view of Kevin Lough, Occupational Health and Safety manager, at the left of the image with the river and far riverbank in the background. The sound of the river can be heard during the interview. Throughout the interview text and video clips are added in as detailed below in the transcript.]

[Kevin Lough speaks]

Water safety is so important because over four-hundred people on average drown in the UK every year. Almost half of these drownings occur in inland water such as reservoirs, lakes and rivers.

[Text on screen: Why are we doing something about this now?]

[As Kevin continues to speak a photograph of hazard warning signage near the river is shown. The signage has text which reads: 'Beware deep water' and 'Beware strong currents', and displays the corresponding yellow hazard triangles for the text.]

July and August statistically account for the majority of deaths in terms of drownings. Of those there are many which are attributed to people voluntarily either jumping in, or going swimming in rivers, lakes and reservoirs.

[Text on screen: Who in particular need to think more about water safety?]

[As Kevin continues to speak a video clip of swans at the water's edge is shown.]

We're targeting a particular group, Secondary school, teenagers in particular, because those are the groups which in during the summer periods are off school and will be venturing out into the countryside areas, open water locations and basically interacting with those sorts of hazards.

[Text on screen: We are running a campaign on the dangers of coldwater shock.]

[As Kevin continues to speak a video clip of deep water flowing over stones is shown]

Cold water shock is a particular issue when people haven't acclimatised to the water temperature. When people enter the water, sometimes that water temperature can be ten or fifteen degrees lower than the air temperature outside and this causes some physiological and psychological responses from the body.

[The next image has white text, starting very large in size and gradually reducing, on a 'sea blue' background on the left of the screen which reads:
Dying to be Cool?

Cold water shock can kill.

#dyingtobecool

www.durham.gov.uk/dyingtobecool

Supported by #CampaigningforCam]

[On the right half of the screen there is an image of someone lying under water with bubbles coming from their mouth.

At the bottom right of the of the screen is the Altogether Safer logo, South Durham Partnership.]

Firstly, when people enter the water and they haven't acclimatised to the water temperature, what can happen is that there is a gasp reflex. This results in water being inhaled into the lungs rather than air and that can cause immediate problems.

[Video clip of the river where water is flowing over a lot of stones. At the far side of the river a gull is on a stone that is above the water level looking for food. It flaps its wings and fly's to a different stone and then runs to peck at something.]

Secondly, the skin temperature lowers suddenly. This can result in closure of blood vessels, restriction of blood flow. This results in the heart working overtime to try and compensate for those factors. What also happens is that blood pressure increases, breathing increases rapidly and then can increase by over ten times its natural state.

Following on from this, psychology there's a feeling of panic, disorientation and distress. It's a combination of these factors which can [said with emphasis] induce in some cases, heart failure and this can happen in relatively young people, those who are fit and healthy and even those who consider themselves to be very good swimmers and have good swimming ability.

[Text on screen: What other hazards are there in the water?]

[As Kevin continues to speak a video clip showing stones above the water level is shown. This is followed by another video clip showing fast moving water currents and one of the Weir, where water is cascading fast over the top and making the river look 'choppy']

Other hazards in rivers, lakes, reservoirs can be rocks and other debris hidden under the water. There are also strong currents, which are not visible to the eye when people are on bank sides for example, and also Weir structures as well, which are particular hazardous in terms of the force of nature of those, and when people do get into those sorts of situations it's extremely difficult to get out safely.

[Text on screen: What can be done to avoid water hazards?]

[As Kevin continues to speak a video clip shows a deep part of the river followed by a video clip of an orange water safety lifebuoy ring housing near the riverbank ready for use in an emergency. This is followed by a video clip showing some debris in the river; large tree branches showing above the waterline.]

There are various sensible precautions I would take. For parents and carers, I would encourage you to know where your children are going to play throughout the summer

months. Really discourage any areas where there may be particularly remote, or they might have particularly difficulty summoning emergency assistance or help.

Secondly, be aware of those hazards in terms of the water temperature being extremely cold. Even in summer months the temperature of the water can be extremely cold. Think about strong currents and other debris under the water. Think about, if you're going into the water, how are you going to get out. There's lots of areas where it's relatively easy to jump in, but where there's steep bank sides for example, that can be a particular problem where if you get into difficulty it will be extremely difficult getting out.

[Text on screen: Where can you find more information about water safety?]

You can find out more about this subject on Durham County Council's website.

[Text on screen: Durham County council logo with text 'Find more information at www.durham.gov.uk/watersaftey.]