



QUARRY WATER IS STONE COLD AND CAN KILL

STAY SAFE STAY OUT

NORFOLK FIRE & RESCUE IN PARTNERSHIP WITH MPA



A quarry lake can be very cold even on a hot summer's day – you could die from 'Cold Shock' in less than 2 minutes.

'Cold Water Shock' can cause you to gasp involuntarily and inhale water, a very rapid increase in your breathing and the onset of panic. A deadly combination that can drown even strong swimmers within seconds of entering the water.

Assuming you survive the cold shock, the drop in temperatures causes finger stiffness (making it difficult to climb out), reduced coordination (making it difficult to swim/tread water) and general muscle weakness. The combination of these symptoms make it very difficult to get yourself out of trouble.

Cold water shock can occur in water at 15°C or below. Even in mid-summer, the water in many quarry lakes will be well below this temperature.

Water in active & former quarries can be dangerous.

- Very deep and cold water
- Sudden, unexpected changes in depth
- Steep or crumbling sides making it difficult to exit
- Submerged machinery or rocks that can injure jumpers
- Underwater plants, machinery or debris that can trap you
- Currents or powerful underwater pumps
- Dead animals/excrement in water causing disease
- Pollution/high alkalinity causing rashes, irritation and stomach problems
- Poisonous algae

If you are suddenly plunged into cold water – stay calm - float on your back for a minute to allow your body to adjust to the water temperature – look for a place to exit the water - call for help.

Remember - warning signs are there to protect you

Visit our campaign Facebook page - Stay Safe Stay Out of Quarries



Mineral Products Association, 38-44 Gillingham Street, London SW1V 1HU Tel 020 7963 8000 www.mineralproducts.org

Norfolk Fire and Rescue Service, Joint Operations and Communications Centre, Jubilee House, Falconers Chase, Wymondham, Norfolk, NR18 0WW Tel 0300 123 1669 www.norfolkfireservice.gov.uk