



DYING TO DROWN?

**QUARRY WATER CAN KILL
IN UNDER TWO MINUTES**

STAY OUT, STAY ALIVE

Quarry water is **much colder** than rivers, lakes or the sea - you could **die** from 'Cold Shock' in less than **2 minutes**.

Cold shock can cause you to gasp and drown immediately or can lead to hypothermia, making it very hard to breath.

Assuming you survive the cold shock, the drop in temperature causes finger stiffness (making it difficult to climb out), reduced coordination (making it difficult to swim/tread water) and general muscles weakness. It is impossible to help yourself.

If cold shock and the reduced physical capabilities don't result in drowning, hypothermia may kill you.

Quarries are dangerous:

- ❗ Deep water may contain hidden currents or submerged plants which can drag you under.
- ❗ Submerged abandoned machinery/car wrecks which you can impale yourself on if jumping in.
- ❗ Underwater ledges/recesses where you can become trapped.
- ❗ Dead animals/excrement cause disease.
- ❗ Pollution/rubbish causing eye and skin irritations, stomach problems, fungal infections and rashes.
- ❗ Poisonous/toxic algae.

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