

LIVESAFE

► Rescue Guidelines When Someone Falls Through the Ice

Rescuing another person from ice can be dangerous. The safest way to perform a rescue is from shore.

Rescue guidelines when you are with others on the ice:

- Call for help. Consider whether you can quickly get help from trained professionals (police, fire fighters or ambulance) or bystanders.
- Check if you can reach the person using a long pole or branch from shore — if so, lie down and extend the pole to the person.
- If you go onto ice, wear a PFD and carry a long pole or branch to test the ice in front of you. Bring something to reach or throw to the person (e.g. pole, weighted rope, line or tree branch).
- When near the break, lie down to distribute your weight and slowly crawl toward the hole.
- Remaining low, extend or throw your emergency rescue device (pole, rope, line or branch) to the person.
- Have the person kick while you pull them out.
- Move the person to a safe position on shore or where you are sure the ice is thick. Signal for help.

Adapted from Canadian Red Cross: www.redcross.ca

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SAFE.
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SAFE.**