

# A quarry lake can be very cold even on a hot summer's day – you could die from 'Cold Water 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 temperature 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.

## Why 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

## PLEASE RESPECT THE WATER

Remember – warning signs are there to protect you

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



For more information, contact the  
Mineral Products Association on  
0207 963 8000 or [info@mineralproducts.org](mailto:info@mineralproducts.org)

