



# WATER AWARENESS

## Goal:

To equip participants with the knowledge and skills for safe, informed work near water, focusing on hazard awareness and basic safety measures.

## Target group:

Personnel working near water who need foundational safety knowledge and skills.

## Highlights:

- Classroom and theory based course with no water entry required.
- Includes practical throw bag use and awareness of cold water physiology.
- Certification is valid for 1 year. Progression: Refresher training is recommended every year by means or re-attending this course.



## DEFRA MOD 1

### Course length



6 hours (1/2 day)

### Instructor



1:12

### Period of validity



1 year

### Certification



Outreach Rescue Certificate of Attendance

### Venue



Outreach Rescue, Tan-y-Bwlch Centre,  
Llanllechid, Bangor, Gwynedd, North  
Wales LL57 3HY

## Description

This 1-day course equips delegates who work near water to identify water-based hazards and learn how to operate safely around the water margins. This course is classroom based with a session on the use of a throw line. No in-water training takes place.

Water Awareness DEFRA Mod 1 is a one-day course which covers essential aspects of water safety, including understanding organizational policies, recognizing water hazards, and safety measures when working around water. Delegates will develop a foundation of knowledge on water hydrology, physiological effects of cold water entry, drowning physiology, and challenges associated with rescues from ice, mud, and unstable surfaces. The course emphasizes the limitations of non-water rescue personal protective equipment (PPE) and introduces delegates to water PPE. There is a practical session on the use of throw bags for unplanned rescue.

## Compliance:

DEFRA Module 1

## Previous knowledge:

No previous knowledge or experience required.

## Requirements:

Age 18+. This is a basic course which is not demanding, however, you are expected to be able to throw a throwline.

## Progression:

Refresher training is recommended every year by means or re-attending this course.

## Theoretical elements:

- Lectures and classroom sessions cover organizational policies, Flood Rescue Concept of Operations, water hydrology, water environment characteristics and hazards, safety measures, physiological effects of cold water, drowning physiology, limitations of PPE, prioritized approach to water rescue, hazards and limitations of night operations and flooding.

## Practical elements:

- A practical session on the use of a throwline is conducted
- Specialist equipment and PPE is provided for all practical elements.