

HOW TO SURVIVE WHEN YOU FALL THROUGH ICE

- 1 Breathe steadily.**
The shock of hitting the cold water will be great, but remain calm.
- 2 Turn in the direction from which you came.**
You most likely came from the area with the strongest ice.
- 3 Use your elbows to lift yourself up onto the edge of the hole.**
Do not get out yet. Hold yourself in that position. Let as much water as possible drain from your clothing.



Reach out onto solid ice, digging keys or another item into the ice to help your grip. Kick your feet as you pull yourself out.

- 4 Reach out onto the solid ice as far as possible.**
If you have car keys, a comb or brush, or anything that might help you dig into the surface of the ice, use it to help pull yourself out.
- 5 Kick your feet as though you were swimming, and pull yourself up as you continue kicking.**
- 6 Once on the ice surface, do not stand up.**
Stay flat and roll away from the hole. This distributes your weight more evenly and decreases your chances of breaking through the ice again.