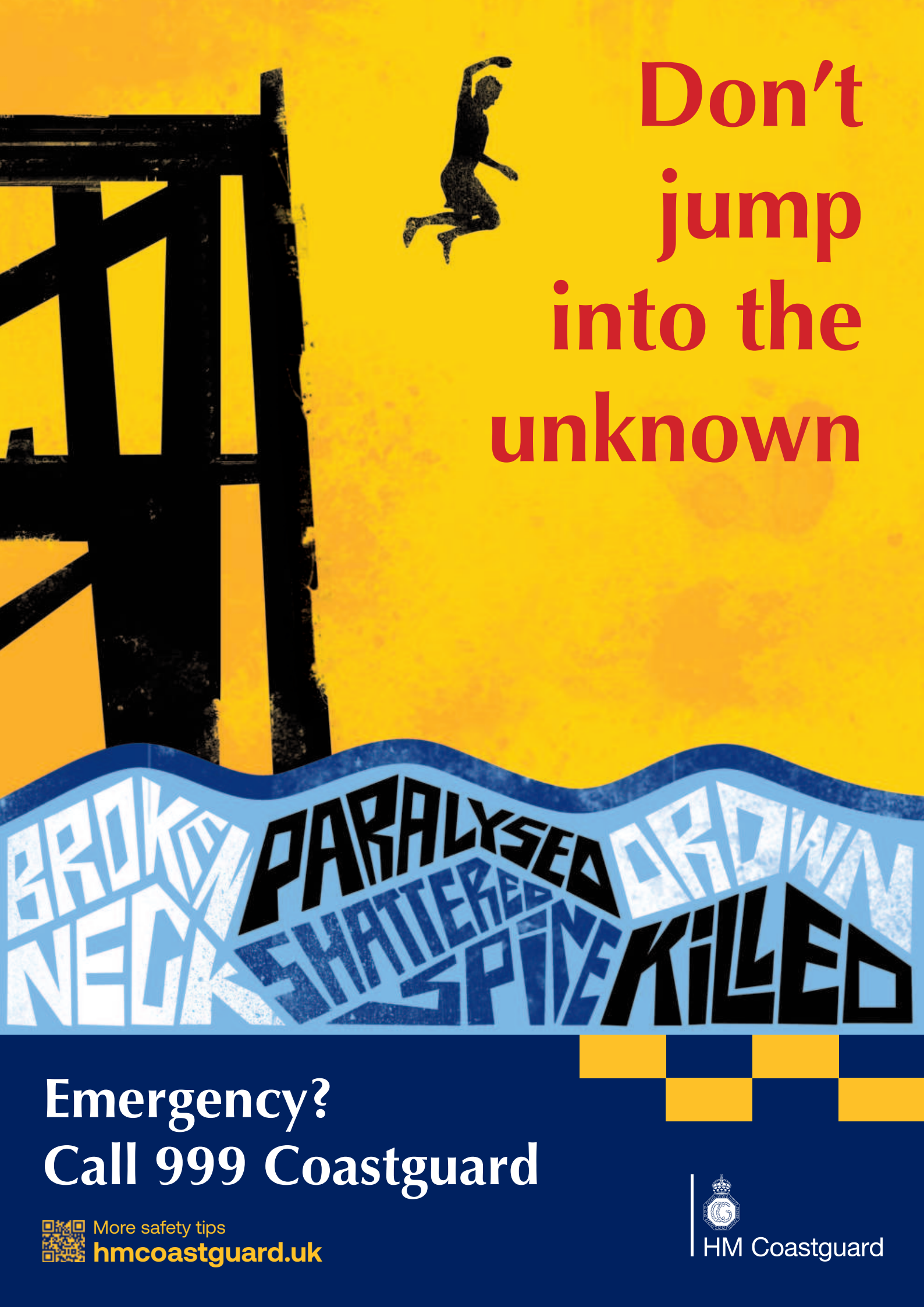




**Don't
jump
into the
unknown**

**BROKEN
NECK
PARALYSED
SHATTERED
SPINE
DROWN
KILLED**

**Emergency?
Call 999 Coastguard**



More safety tips

hmcoastguard.uk



HM Coastguard