



**Would you let your
friend walk alone
down here? No.**

**So, why let your
friend walk alone
near water?**



FROM HAPPY HOUR
TO NIGHTMARE
IN JUST ONE SLIP

#DontDrinkandDr**own**

DON'T DRINK

AND DROWN



ROYAL
LIFE SAVING
SOCIETY UK
www.rlss.org.uk

It only takes a split second for happy hour to end in a nightmare.

Figures state that about a quarter of all adult drowning victims have alcohol in their bloodstream.

If you've had a drink, stay away from the water.

Stay Safe

- Don't walk home near water, you might fall in
- Look out for your friends – make sure they get home safely
- Don't enter the water if you have been drinking

Effects of Alcohol

- Alcohol lowers inhibitions, leading to impaired judgment which means you are more likely to take risks and get into trouble
- Alcohol limits muscle ability making simple movements much harder
- Alcohol slows down your reactions making it more difficult to get yourself out of trouble
- Alcohol numbs the senses particularly sight, sound and touch making swimming very difficult

Keep safe, don't drink and drown.

www.rlss.org.uk

Alcohol seriously affects your ability to get yourself out of trouble.