



**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**



**DON'T DRINK**

**AND DROWN**



ROYAL  
**LIFE SAVING**  
SOCIETY UK  
[www.rlss.org.uk](http://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.**

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