

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**

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SARA
Severn Area

Rescue Association

#DontDrinkandDr



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.

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