



accidents don't have to happen

xylem

Alcohol and water: how to stay safe

Alcohol is a common cause of drowning in many countries. But why is drinking alcohol in or around water-based environments so dangerous?



It **reduces balance and muscle control**, increasing your chance of falling into the water and making it harder for you to float and swim.



It **slows your reaction time**, making it harder for you to respond to hazards in or near the water.



It **impairs your judgement and decision-making skills**, making you more likely to overestimate your swimming skills and take risks.



It **increases your risk of hypothermia** by making your body lose heat more quickly in cold water.

Safety tips



Avoid drinking alcohol near water. Never enter the water if you have consumed alcohol.



Look out for others. If you are having a drink with friends, make sure everyone in your group gets home safely. Avoid walking near water on your way home – find a different route.



Never drink alcohol when supervising children.

If you are supervising children near water, avoid alcohol completely.



Know what to do in an emergency.

If you get into trouble in the water, float on your back and shout for help.

If you see someone else in trouble, phone the emergency services for help.

For more information, visit the RoSPA website:
rospa.com/water-safety

