ALCOHOL AND WATER SAFETY

Ever wondered how your drinking may affect you when you are out swimming or boating over the hot summer months? Does drinking alcohol put you at increased risk of aquatic accidents?

Alcohol is a known contributor to the occurrence of injuries amongst young adults, particularly those involving motor vehicle accidents and acts of physical violence. Drinking alcohol when swimming greatly affects your chances of drowning. If you are planning on swimming, fishing, diving or boating then there are some things you need to be aware of.....

- Alcohol impairs the body’s ability to perform whilst in, on or around water.
- Alcohol intoxication dramatically increases your risk of injury in aquatic environments.

ALCOHOL IS THE BIGGEST CONTRIBUTOR TO DROWNINGS AMONGST 15-29 YEAR OLDS

After a few drinks alcohol noticeably slows the rate at which the brain processes information. Decisions take longer to make, the interpretation of depth is less accurate and vision becomes blurry. You are less likely to avoid accidents, or even notice those that you would have avoided if more sober.

Alcohol increases blood flow to the extremities of the body. This rapidly increases the rate of heat loss reducing the amount of time before hypothermia sets in while in the water. This can be the difference between life and death if waiting for rescuers in offshore waters.

1 IN 3 DROWNINGS ARE CONTRIBUTED TO BY ALCOHOL.


FREE DRINKERS CHECKUP!

- Are you drinking at safe levels?
- Wondering if your current alcohol consumption levels are affecting your health?

PERSONAL AND CONFIDENTIAL ASSESSMENTS ARE AVAILABLE AT THE UNIVERSITY MEDICAL CENTRE

To arrange an appointment or for enquiries please contact: 6488 4051 or 6488 4052

Information obtained from: Royal Lifesaving W.A.