

Water Safety Scotland

Alcohol 'mini' toolkit 2024

Alcohol around water is a monthly topic within Water Safety Scotland (WSS)'s prevention toolkit and features in December but can be used across the year, as appropriate.

Key message:


Every year in Scotland, several accidental fatalities include the influence of alcohol and/or drugs. The key advice is to never use drugs or alcohol when in or around water.



Website link: <https://watersafetyscotland.org.uk/advice-hub/alcohol-safety/>

Assets: Specific assets have been created for this package. These include:

- Social media assets (detailed below)
- Alcohol safety workshop
- Water Safety Scotland cobranded RLSS'S Don't Drink and Drown Assets

Tweets/X/FB posts

<p>Have you had a few pints or glasses of wine today? Then be wary around bodies of water and plan a safe route home. #DrowningPrevention #AlcoholSafety</p>	 <p>Under the influence of alcohol? Falls into water can be more likely</p>
<p>Been out drinking? Keep out of the water. Alcohol impairs judgement and can increase risk taking behaviours. Learn the Water Safety Code to help keep yourself safe: https://tinyurl.com/2vdzezkv #DrowningPrevention #AlcoholSafety</p>	 <p>Alcohol impairs judgement and distorts perception of risk and ability Been drinking? Keep out of the water</p>
<p>Out drinking with your mates near water? Then take extra care of yourself and your pals. Be aware of the risks around you whilst under the influence. #DrowningPrevention #AlcoholSafety</p>	 <p>If you are drinking alcohol near the water, look out for your mates. More than 85% of alcohol related drownings involve males</p>

<p>Alcohol impairs judgement and can increase risk taking behaviours. If you are drinking alcohol near water, take extra care whilst under the influence. Learn the Water Safety Code: https://tinyurl.com/2vdzezkv #DrowningPrevention #AlcoholSafety</p>	 <p>water safety Scotland</p> <p>Many alcohol related accidents begin near the water due to slips, trips and falls whilst under the influence</p>
<p>Alcohol can distort your perception of risk, and it can also numb your senses and make it difficult to swim. Avoid drinking alcohol if you are doing a water-based activity #DrowningPrevention #AlcoholSafety</p>	 <p>water safety Scotland</p> <p>Avoid drinking alcohol if you are doing a water-based activity #DrowningPrevention</p>

Alcohol Safety Workshop

You can also access an Alcohol Safety Workshop on the Water Safety Scotland website through the link here: <https://watersafetyscotland.org.uk/practitioners-hub/education/water-safety-school-resources/>

RLSS Don't Drink and Drown

You can also find WSS cobranded assets and social media posts below from the RLSS's Don't Drink and Drown Campaign.

<p>It's cold out there. Be careful when walking home after a few drinks, avoid routes near bodies of water.</p> <p>#BEAMATE #DrowningPrevention</p>	 <p>supported by water safety Scotland</p> <p>BABY, it's cold outside <i>(and in here)</i></p> <p>#BEAMATE DON'T DRINK AND DROWN</p>
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Make sure you are not alone when walking home together after a couple of drinks. Walking home is safer with company, especially if nearby waterways.

#BEAMATE
#DrowningPrevention
#WaterSafety



#BEAMATE
DON'T DRINK AND DROWN

Would you let your mate walk home past a motorway after a couple of drinks? Then don't let them walk home near Scotland's waterways either.

#BEAMATE
#DrowningPrevention
#WaterSafety



#BEAMATE
DON'T DRINK AND DROWN



#BEAMATE
DON'T DRINK AND DROWN