

ALCOHOL and WATER not a good mix!



STAY TOGETHER

AWAY FROM THE RIVER

A safety message from Kent Search and Rescue **#SAFE_AND_DRY**
Registered Charity No. 1091181



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DID YOU KNOW.....

...that, in an average year, about as many people in England drown as die in fires!

...a large percentage of the people who drowned had been drinking just beforehand! Many of them were young men.

...in wintertime, in the cold water of a river or the sea, you will find it very hard to swim any distance, and your body will quickly shut down!

...if you are drowning, you may not be able to call for help, and if you can, you may not be heard before it is too late!

So, if you are planning a night out.....

- ✓ Think about how you will get home safely. You owe it to your family and loved ones to get home "safe and dry"!
- ✓ Try not to go home on your own if you've been drinking. If you are with friends, look after each other.
- ✓ Don't drink and drive! Have one drink less and get a taxi home instead.
- ✓ and PLEASE stay out of the sea and away from the rivers.

#SAFE_AND_DRY

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www.ksar.co.uk Registered Charity No.1091181

www.safeanddry.org



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