

# Don't let alcohol take the fun out of your summer



## Fact Sheet

Summer brings family barbecues and picnics, fun-filled trips to the beach and relaxed get-togethers with friends or colleagues.

If your plans include alcohol, you should consider the safety risks of mixing summer fun with too much drink. Such risks include drinking for longer, exposure to the sun and an increased risk of dehydration.

Here are some tips on how to keep safe while enjoying the sun:

### Drink less

Pace yourself by drinking a soft drink between alcoholic drinks. As well as cutting back on the amount of alcohol you drink this will also help to keep you hydrated. Check the strength of the alcohol you drink and opt for lower strength or alcohol-free alternatives. Another way to cut down the alcohol you consume is to order a smaller glass.

### Get home safely

Plan your journey home before you go out. Any amount of alcohol affects your ability to drive safely. The safest option is not to drink any alcohol if you plan to drive. So save a taxi number in your mobile, make sure you have enough money for the fare and never be tempted to walk home on your own.

Don't forget that alcohol may still be in your system the next morning so be sure you are alcohol-free before driving.

Remember, it takes your body on average one hour to metabolise each unit of alcohol.

### Be aware

Protect your skin from the sun and never fall asleep outside. Those who work outside need to take extra care to protect themselves.

Take care when cooking food on the BBQ and always make sure meat is cooked properly.

### On holiday

Alcohol content in drinks abroad can be stronger so bear this in mind when counting units. Don't swim or take part in water sports if you have been drinking, as alcohol affects our ability to judge distances and distorts our perception of risk. Heavy drinking over the holiday period can also result in withdrawal symptoms when returning to work.

Remember, alcohol makes us feel warmer than we are which can be a risk when swimming in cold water.