

Eleven drown every month – one third after drinking alcohol

Stay away from water's edge this St Patrick's Bank Holiday

COLD SHOCK & HYPOTHERMIA KILLS – Stay away from the water's edge:

The St Patrick's Bank Holiday is often a time when people take walks near water however water temperatures are still cold (9 degrees Celsius) and sudden accidental immersion can be fatal due to cold shock and hypothermia. Coastal walkers risk being trapped by incoming tides so avoid walking on sandbanks during low and incoming tides. Inland waterways account for the majority of drownings where the dangers of underwater hazards and currents are magnified due to hypothermia.

ALCOHOL AND WATER NEVER MIX – Avoid water activities after consuming alcohol:

Water Safety Ireland is appealing to those enjoying the St Patrick's Day Festival not to engage in any aquatic activities after consuming alcohol. Those boating and angling can be significantly impaired by alcohol, even the next day. On average, eleven people drown in Ireland every month, one third after drinking alcohol.

30 CHILDEN DROWNED IN TEN YEARS – Constant supervision is key:

Half a million primary school children will enjoy St Patrick's Day festivities nationwide but many will lack an awareness of how to stay safe when playing near water. Thirty children aged fourteen and under drowned in ten years therefore constant responsible supervision near water is essential. Learn how to keep your child safe at www.iws.ie.

LIFEJACKETS SAVE LIVES – Always wear one on water:

Children and adults should always wear a lifejacket when boating and angling and have a correctly fitting crotch strap to avoid the possibility of slipping out through the lifejacket in an emergency.

Lifejacket advice: <http://www.iws.ie/boating/personal-flotation-devices.327.html>

Hypothermia advice: <http://www.iws.ie/emergency-situations/hypothermia-what-to-do.355.html>

In an emergency, call 112.

Find online resources for teaching children about water safety at www.iws.ie.

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