Hypothermia

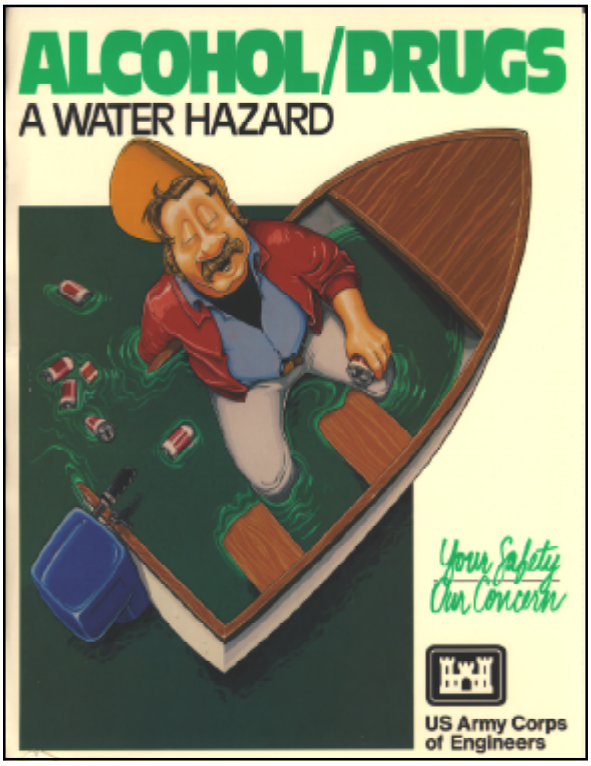
Many suspected drowning victims actually die from cold exposure or hypothermia, a condition in which the body loses heat faster than it can produce it. Violent shivering develops which may give way to confusion and loss of body movement. To avoid hypothermia:

- Dress warmly in wool clothing.
- Wear rain gear and stay dry.
- Seek a warm environment at the first sign (mild shivering) of hypothermia.

HELP Posture

If you fall in the water:

- Don't discard clothing.
- While wearing your life jacket, draw your knees and arms together into the HELP (Heat Escape Lessening Posture) posture.



Alcohol – The Fun Killer

It's a fact, alcohol and water do not mix! Unfortunately, many people ignore this and each year about 3,000 of them are wrong…dead wrong! More than half of all the people that drown had consumed alcohol prior to their accident.

Being intoxicated is not necessary for alcohol to be a threat to your safety. Just one beer will impair your balance, vision, judgement and reaction time, thus making you a potential danger to yourself and others.

Research shows that four hours of boating, exposure to noise, vibration, sun, glare and wind produces fatigue that makes you act as if you were legally intoxicated. If you combine alcohol consumption with this boating fatigue condition, it intensifies the effects and increases your accident risk.

So remember, don't include alcohol in your outing, if you planning to have fun in, on, or near the water.