

DANGER IN EVERY STEP (DIES®) USER GUIDE

ALCOHOL IMPAIRMENT – BALCONY DANGER MAT

Introduction

The Fatal Vision® Goggles simulate alcohol impairment. When used with the DIES® Balcony Danger Mat, they highlight the potential consequences of being impaired at a party or social gathering. The impairment demonstrated in this activity includes a loss of equilibrium and the resulting difficulty of navigating a simple path.

Activity Purpose

The purpose of this activity is to raise awareness of an individual's susceptibility to the potential dangers associated with alcohol impairment. Alcohol impairment increases the danger of suffering serious injury or death from falling due to loss of balance and impaired judgment.

Evidence-Based Approach

We seek to undermine this belief by allowing individuals to experience their susceptibility to the simulated impairment of alcohol. Fatal Vision shows participants the potential severity of resulting consequences.

Ask your participant to describe a social drinking situation in which alcohol was involved. (Examples- block parties, holiday parties, family celebrations, etc.) Describe behaviors the participant witnessed that may have resulted in serious injury or death.

Setup

Lay out the activity mat. Assign spotters.

*Optional: You may place some props in related spots on the mat like a set of keys or a soda bottle. During the activity, ask the participant to pick up or move one of the objects. **CAUTION: These items may cause your participant to trip or fall, so place spotters at the props. To make to catch any individual who may fall. To make the scenario realistic, use a cup filled with water and place it on the balcony image.***

Activity Steps

Demonstration of walking sober: Ask the participant to navigate through the DIES® room to the balcony to pick up a drink. The participant will not wear the Fatal Vision® Goggles the first time through.

On the way to pick up the drink, have the participant perform a number of tasks:

- Enter at the HELLO welcome mat.
- Walk to the MP3 player and "turn on the music".
- Dance for a moment near the door.
- Walk to the couch and pretend to take and eat some chips.
- Pretend to pick up the remote to turn on the TV and put the remote down.
- Pretend to pick up the game controller and play for a few minutes.
- See the trash can in the corner, then pick up a crumpled ball of paper and try to make a basket.
- Bend down and pretend to pet the dog, then stand up and give a high-five to the nearest person.
- Pretend to pick up and eat some pizza, pick up the phone to take a selfie, then put the phone down.
- Walk out to the balcony, avoid the ball and pick up the drink on the ledge, pretend to drink, then put it back down on the ledge.
- Walk back to the welcome mat.

Demonstration of walking impaired: Have the participant repeat the same activity, this time wearing the Fatal Vision® Goggles. Note how many times the participant stumbles, missteps or steps on objects while heading to the balcony.

Discussion

Discuss with your audience the difference in their experience performing the activity sober and then impaired. Ask questions like:

- How many of you thought that you could navigate through the room and pick up or avoid objects and obstacles easily and safely?
- Did you perform as well as you expected while impaired?
- What are some of the potential dangers of being under the influence of alcohol while navigating through a scene like the one depicted in the DIES® mat?
- What are the potential consequences of being impaired while on a balcony at night?

For recent incidents, search for "alcohol related falls" or "alcohol balcony fall" on the Internet.



To use the carrying strap, fold mat in half vertically, roll mat and slide the strap loops around each end of the mat.



To clean your mat, shake out and wipe with a damp cloth if needed.