



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

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Time is the most valuable thing a man can spend. -Theophrastus

PARTIES AND DRIVING

The holiday season is one of the deadliest times of the year for alcohol-related crashes. Mothers Against Drunk Driving estimates that “each year nation-ally, more than 1,000 people typically die during Thanksgiving to New Year’s in drunk driving crashes”

Because of increased consumption of alcohol and an increase in the number of special events & parties, drinking & driving is more prevalent. Ironically, drinking and driving crashes are one of the most easily preventable catastrophes.

Preventing drinking and driving is simple; follow these steps to ensure safety during the Holidays.

- If you drink, don’t drive.
- Designate a driver before you arrive at an event or party. If hosting a party, make sure to set rules on drinking & driving.
- Offer to provide a ride home or a place for guests who drink to sleep.
- Educate family, friends and co-workers about the risks of drinking & driving. If possible, avoid driving during the early and late evening hours on holidays like Christmas and New Year’s.
- Protect yourself & passengers by wearing a safety belt at all times, in case of a crash.

More than half of all traffic fatalities are alcohol-related.

Holiday Safety Tips

- Do not overload the stovetop with too many pots and pans, and keep the area free of clutter.
- Never hold a child while cooking. If possible, keep children out of the kitchen while cooking.
- Never put a glass casserole dish on the stove or over a burner, as it could cause the container to explode.
- Keep a fire extinguisher in the kitchen.
- Remove lids from pots & pans by tilting them away from you to avoid hot steam.
- Ensure shirt sleeves are short, fitted or tightly rolled when cooking.
- If a small fire starts in a pan, grab a flame-resistant potholder and smother the fire with a lid. Do not remove the lid until the pan has cooled.
- Remain in the kitchen while cooking. If you must leave the room briefly, carry an oven mitt with you to remind you that food is cooking.

Be Safety-conscious in Your Vehicle

- Make sure that all the doors and windows are properly locked when you park your car. Presents and valuable items like a laptop and camera should be put in the trunk.
- If a stranger wants to talk to you while in your vehicle, do not open the window wide – a couple inches is enough to have a discussion. If something seems suspicious, do not talk to strangers... just drive away.
- Limit your trips at night or at least take someone along with you. Vary the route you travel to work and back, if this is possible. * If strangers loiter near or at your driveway, rather drive past. If they loiter for a long time, report it to your nearest police station.
- Avoid parking your vehicle where there are no security officers guarding other cars. Do not leave your firearm in the motor vehicles glove compartment or anywhere in the vehicle when you park the vehicle.
- Parking lots with a parking attendant or supervision or someone patrolling are best, otherwise try to park in locations that are well lit and/or well-populated and not crowded by bushes or buildings where offenders might hide.

Tips to Prevent Holiday Stress and Depression

When stress is at its peak, it’s hard to stop and regroup. Try to prevent stress and depression in the first place.

Acknowledge your feelings. If someone close to you has recently died or you can’t be with loved ones, realize that it’s normal to feel sadness and grief. It’s OK to take time to cry or express your feelings. You can’t force yourself to be happy just because it’s the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

Be realistic. The holidays don’t have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can’t come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

Take a breather. Make time for yourself. Spending just 15 minutes alone may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Options include: taking a walk, listening to soothing music, reading, etc.

