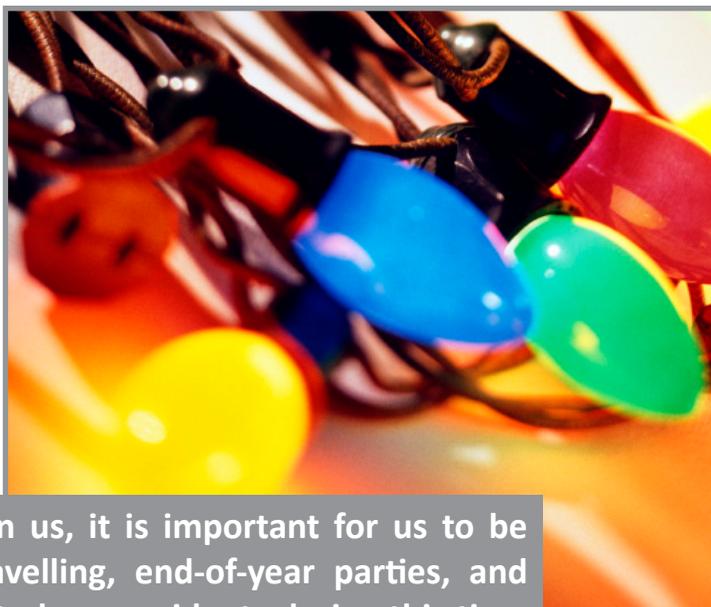


Festive season safety tips



With the festive season almost upon us, it is important for us to be more careful and vigilant. With travelling, end-of-year parties, and entertaining, people are more likely to have accidents during this time than any other time of the year. Here are some festive season safety tips.

Road travel tips for the holidays

- **Get your car serviced.** Two weeks before your trip, take your car for a service. Pay special attention to the brakes, steering, lights, tyres, and windscreen wipers. Remember to check that your vehicle toolkit is all in order. Check your trailer or caravan if this applies.
- **Have all emergency contact numbers handy.** Also ensure that your cellphone battery is charged and that you have a first aid kit close at hand.
- **Avoid taking medication** that causes drowsiness and do not drink any alcohol if you plan on driving.
- **Make sure all your passengers** are secure and wearing their seatbelts.
- **Stick to the speed limit** and safe following distances. Be observant and always expect the unexpected.
- **Don't drive at the time you normally sleep.** Many accidents occur at night so avoid driving at night if possible. Even during the day, switch on your car's headlights for visibility.

Shopping

The festive season is a busy time which often means one thing for shoppers – mayhem!

Here are some tips to help keep you safe:

- **Don't get loaded down** with too many bags. Try to keep one hand free.
- **Try and avoid taking young children** into busy shopping areas but if it is unavoidable, make sure they know what to do if they lose you.
- **Agree on a meeting point** with older children in case you get separated. Keep alert and aware of your surroundings, especially in busy shops and crowded streets where thieves and pickpockets may well be operating.

End-of-year parties

Year-end functions can quickly get out of hand. If you enjoy an alcoholic drink to celebrate the year's successes, be aware that being inebriated can affect your awareness and threaten your safety.

- **Watch your drinks and food** to ensure that nothing is added to them. Never leave your drink unattended.
- **If you meet someone** new at a party don't go home with them. If you feel uneasy about someone, there may be a reason – don't give them personal details about yourself and don't arrange to meet them again.