

Festive season safety tips



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

Road travel tips for the holidays

- **Get your car serviced.** Two weeks before your trip, take your car for a service and make sure to check your trailer or caravan if this applies. Pay special attention to the brakes, steering, lights, tyres, and windscreen wipers. Remember to make sure your vehicle toolkit is in order.
- **Have all emergency contact numbers handy.** Keep your cell phone battery charged and ensure that you have a first aid kit.
- **Avoid taking medication that causes drowsiness** and do not drink alcohol if you plan on driving.
- **Make sure all your passengers are wearing seatbelts,** and that babies and toddlers are secure in child seats.
- **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.** 40% of accidents occur at night so avoid it if possible. Make sure your headlights are switched on for more visibility.

Shopping

The festive season means one thing for shoppers

– mayhem! Here are some tips to 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 or two 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, even if you are going onto a dance floor or to the bathroom.
- **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 a second date.