

ROAD SAFETY ALERT

HOLIDAY SEASON

The festive season is almost upon us and no doubt most of us will be busy thinking about holiday get-togethers, parties and last minute gifts. But make sure you don't forget the most important thing of all this year - to stay safe.

We offer these top five tips for travelling safely to make sure that everyone has a 'happy holiday' and is looking forward to the new year:

1. If you are visiting friends and family over the holiday season make sure you allow plenty of time for your journey. Let your hosts know your intended travel route and expected time of arrival. Avoid unnecessary journeys if the weather is bad and check weather forecasts before you leave.
2. Make sure your vehicle is prepared before travelling. Check fluid levels, lights, fuel, wipers and tyre pressures. Carry an emergency kit with you including a blanket, de-icer, water, food, mobile phone, warning triangle and first-aid kit.
3. If YOU are in charge of organising a festive night out, consider how your guests will get home afterwards. Hire a minibus for the evening or be in charge of telephoning for taxis.
4. Do not drive if you have had ANY alcohol. The safest way of ensuring you stick to this is to leave your vehicle at home. Also be aware of the 'morning after effect' as alcohol can still impair you the day after drinking.
5. Look out for friends and colleagues. If you suspect that someone is going to drive after drinking alcohol encourage them to take a taxi, get a lift with a sober friend or stay over for the night.

Sadly, the number of people killed and injured on roads rises around the holiday period, so what should be a time for sharing laughter and exchanging gifts becomes a time of devastation and unhappiness for thousands of families around the world, who lose their son, daughter, husband, wife, mum, dad, brother, sister, friend or colleague.

Alcohol plays a part in MANY of these tragic losses, so if you want to have a drink this holiday make sure you don't get behind the wheel.

Even one drink can have an effect. Having a Blood Alcohol Concentration between 0.01 and 0.05 (which is UNDER the legal drink drive limit in some countries) can:

- Decrease brain functions.
- Affect behaviour.
- Decrease judgement and inhibitions.
- Cause a mild sense of elation, relaxation and pleasure. *(Source: Drinking and Driving, World Health Organization.)*

If you are caught in charge of a vehicle when over the legal drink drive limit you face:

- Prison.
- Losing your licence (and maybe your job / career).
- A large fine.
- Humiliation.

Make sure you give your family and friends the best gift of all by helping them - and yourself - to be safe these holidays.

We look forward to working with you in the new year - Safe Driving.