

SAFETY MATTERS

NEW YEAR'S SAFETY

Now is the time to remember the old year and celebrate the new, but it is important to do so safely, both on and off the job. Keep these tips in mind while ringing in 2022.

PLAN A RIDE IN ADVANCE

Make sure you have a safe ride wherever you go. Don't assume you'll be able to hail a cab. Know how you'll be getting home before going out.



Photo by [Thomas Picauly](#) on [Unsplash](#)

LIMIT OR AVOID ALCOHOL

It can be easy to drink more than you intend when celebrating. Set a limit before you start. Consider avoiding alcohol entirely if you will be working the next day. Alcohol prevents a good night's rest.

FATIGUE CAN BE DEADLY

Make sure you get your normal amount of sleep if you are working the next day or doing other activities. You are three times more likely to be in a crash if you are fatigued.

BE EXTRA AWARE OF OTHERS

Unfortunately, many others won't be following these tips. Be extra aware of those on the road who might be impaired.

For more #SWANAsafety info and resources visit [SWANA.org/safety](https://www.swana.org/safety)