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GROUP

playing it safe

Safety and health tips for your work, home and life—brought to you by the insurance and safety specialists at Colburn Group.

# Celebrating the Season

*It's up to you to drink responsibly*

It's the holiday season – a time to celebrate with family, friends and co-workers. If you'll be celebrating the season with alcohol, these tips will help you drink responsibly to stay safe this holiday season.

## Designate a Driver

Of course, the safest choice when driving is not to drink at all. But if you plan to drink, have a designated driver. This is someone who agrees not to drink and is responsible to drive you and other partygoers home. Someone dies in an alcohol-related traffic accident in the U.S. every 30 minutes, and more than a million drivers are arrested annually for driving under the influence. While not just limited to the holiday season, extra parties and more people traveling on the roadways mean these incidences spike at this time of the year. Designate a driver for safety's sake.

## How Much is Too Much?

If you choose to drink responsibly, how do you know if you're overdoing it? Use the simple one-one rule: have one standard drink per hour. The

American Dietetic Association defines a standard drink as:

- One 12-ounce beer
- One 5-ounce glass of wine
- One mixed drink with 1.5 ounces of liquor

Remember, personal tolerances vary, so it's up to you to know your safe limit and stick to it!

## The Perfect Host

If hosting a party, you don't need to serve alcohol to make your party merry. From sparkling punches to mulled cider, there are many festive, non-alcoholic beverages to offer your guests. If serving alcohol, always measure the amount of alcohol mixed into drinks and punches so guests can gauge how much they are consuming. Stop serving alcohol at least one hour before the party ends.

If someone overindulges, it's your responsibility as the host to not let your guests drink and drive. Arrange for a ride with a safe

driver, or make them stay until they sober up.

## Alcohol and Drugs Don't Mix

Prescription drugs or over-the-counter remedies, such as cold medications, combined with drinking may affect your driving. Follow the directions and warning labels of all medications carefully. Contrary to popular belief, black coffee, a cold shower, or fresh air may make a person feel more awake, but he/she will not overcome the effects of alcohol.



## Don't Drink and Drive...

During the holiday season and throughout the year, drinking responsibly is simple: if you drive, don't drink; if you drink, don't drive. Your safety, and the safety of others on the road, depends on your good judgment.

*This flyer is for informational purposes only.*