



Holiday Safety

“Our Army draws its greatness and strength from our people. Each of you plays an important part in our success, and we need you to celebrate the holidays with safety in mind.”

– **BG William T. Wolf, Director of Army Safety**

Whether driving to visit with family and friends, celebrating at any of a number of festivities or enjoying winter sports, managing the risks that come along with the season’s activities ensures a safe and more enjoyable winter.

Know the Fatal Four Factors for Holiday Driving

Many Soldiers and Civilians travel by car to visit family and friends during the holidays. Increased traffic volume and the potential for winter weather may increase the [risk of motor vehicle accidents](#). The four fatal factors of speed, alcohol, fatigue and not wearing seatbelts dramatically increase this risk.

- All four fatal factors are within the driver’s control and can be managed with smart decisions.
- Drive within posted speed limits and take weather factors into consideration. Road conditions may warrant driving below the speed limit.
- Never drive under the influence of alcohol or drugs.
- Control fatigue by taking breaks every two hours to stretch your legs and rest your eyes. Drive during daylight hours after a good night’s rest.
- Wear your seatbelt and ensure that all passengers in your car buckle up as well.

Travel Risk Planning System

The [Travel Risk Planning System \(TRiPS\)](#) is a web-based assessment that helps users recognize the potential risks of their planned road travel.

- TRiPS offers suggestions for lowering the risks and involves first line supervisors in personal counseling.
- Access TRiPS through Army Knowledge Online at <https://www.us.army.mil>.

Alcohol Awareness

- Many Soldiers, Civilians, and their family members will attend parties during the holidays and some who don’t ordinarily drink may become intoxicated. ***If you drink at all, don’t drive.*** Call a cab or arrange for a designated driver.
- Overconsumption of alcohol impairs judgment and reduces inhibitions. Coworkers and friends should look out for each other, help identify when someone has had too much to drink and prevent harm before it occurs.

Off-Duty and Recreational Safety

- Use only proper, well-maintained equipment when skiing, snowboarding, snowmobiling, or sledding.
- Dress in layers for winter sports, which allows you to accommodate your body’s constantly changing temperature. Bring a headband or hat, since 60 percent of heat-loss is through the head.
- Wear personal protective equipment designed for your sport or activity. PPE is just as important for recreation as it is on the job. Ensure you know your limits and stop before you exceed them.

Key Messages

- If you drink this holiday season, don’t drive. Arrange for a designated driver, take a cab.
- Fatigue affects the body in much the same way as alcohol. Get plenty of rest before you begin long trips and take breaks every two hours.
- Play within your skill level when it comes to winter sports and outdoor recreation and always wear appropriate protective gear.

Facts & Figures

- Last year, four Soldiers died in traffic and recreation mishaps between Thanksgiving and New Year’s Day.
- [Federal Department of Transportation statistics](#) show a significantly higher drunk driving death toll during the Christmas and New Year’s holidays.
- For more information on staying safe and healthy, visit <https://safety.army.mil/> on the web.