



SAFE-N-SOUND ALL YEAR ROUND

Safely Managing The Holiday Season

81 TRW/Safety

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Let's Party!!!!

The winter holidays are a time to enjoy the company of family, friends, and coworkers. Whether you are planning a dinner, informal gathering, or holiday party, your job as host is very important. Your many responsibilities include planning the menu or catering, organizing entertainment, and considering space arrangements. However, some of the most crucial details can be overlooked in all of the frenzy. Perhaps your most important responsibility as host for a party or gathering where alcohol is involved is to take steps to ensure your guests' safety both during and after the celebration.

Tips For Party Givers

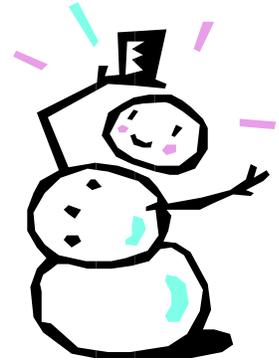
- Avoid making alcohol the main focus of social events. Entertain guests with music, dancing, games, food, and lively conversation.
- Did you know that one in three adults prefers a nonalcoholic beverage? Make sure to offer plenty of nonalcoholic choices such as sparkling water, fancy juice drinks, soft drinks, and bottled drinking water.
- Provide guests with nutritious and appealing foods to slow the effects of alcohol. High protein and carbohydrate foods like cheese and meats are especially good. They stay in the stomach much longer, which slows the rate at which the body absorbs alcohol. Avoid salty foods, which encourage people to drink more.
- Require bartenders to measure the correct amount of liquor into drinks (no doubles), and instruct them not to serve anyone who appears to be impaired.
- Stop serving drinks at least 1 hour before the end of the event. Instead, serve coffee, non-alcoholic beverages, and desserts at that time.
- Recruit people ahead of time who will not be drinking to help ensure that everyone has

When The Party Is Over

Your responsibility as a host is even more important at this point. Should any of your guests be unable to drive due to alcohol impairment, be sure to provide several options. Be prepared to offer your guests alternate forms of transportation:

- Know what "safe ride" programs are available (AADD 377-SAVE)
- Keep the phone numbers of several cab companies handy.
- Ask someone who was not drinking to drive a guest home.

If the above options are not available, you can offer your place to spend the night. If the person insists on driving despite his or her obvious intoxication, take the keys, ask for help from other guests, or temporarily disable the car. If all else fails, say you will call the police (and do so).



Remember:

- *Alcohol is the same, no matter what form it takes. A 12 oz can of beer has roughly the same amount of alcohol as a 6 oz glass of wine and a 1.5 oz shot of liquor.*
- *Alcohol takes time to metabolize out of your system. Drinking coffee won't speed up that time one bit.*
- *Drinking on an empty stomach will allow the alcohol to enter your blood stream much faster.*
- *Know what you are drinking. If you don't know exactly what is contained in that holiday punch, you could be consuming much more alcohol than you imagined*

May your holiday season celebrations be healthy and full of joy and peace!

