



# USAG – FS/HAAF Safety Gram

Sustaining, Supporting, and Defending Safety Excellence



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## New Year's Eve Safety Tips

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It's New Year's again. Here are some safety tips to make sure you can stay safe as you ring in 2016. Whether your 2015 was a good or a bad year, you'll most likely want to send it off with a bang this New Year's Eve. While it's no secret that many will enjoy a few drinks and party well before and after the big countdown to 2016, there's no point in starting off the new year with regrets. To help avoid that, here are six safety tips to ensure your celebration doesn't go awry.



### Transportation

Don't drink and drive. Unless you're hosting a New Year's Eve party, you'll most likely be heading to a friend's place or a bar to celebrate the end of the year. If you find yourself at a friend's house, don't be afraid to ask to spend the night. A rough night's sleep on a sofa is far better than a DUI, or worse, an accident.

### Safety in Numbers

Everything is better with friends anyway, so make sure you don't find yourself alone on New Year's Eve. A good portion of the population will be drinking, and therefore the streets will get more dangerous. Traveling in a group will help ensure that nothing bad happens to you or those you care about. In addition, always know where it is you're going.

### Dinner

It's the end of another year. That calls for a nice dinner with friends. Even if you just sit around eating a PB&J before getting dressed for your night on the town, having a full stomach before drinking is always a smart idea. Not only will it soak up some of the alcohol, it will also keep you from snacking on candy or appetizers at a bar or party.

### Drinking

We're all adults here. If you're going to drink, New Year's Eve is a pretty fun time to do it. That said, it's no excuse to hurt yourself or others. Know your limits and stick to them. Drinking a glass of water in between mixed drinks is always a great way to ensure that you don't get too dehydrated or intoxicated.

### Communication

It's been said that the best-laid plans often go awry. No matter how many of the above tips you follow, your night can always take an unexpected turn. What if someone in your group wants to go home with a stranger? What if your driver has to leave due to an emergency? What if you get separated from your group?

If you can't always be within earshot of your loved ones, at least be reachable on your cell.

### Fun

Last, but not least, remember to have fun this New Year's Eve. Whether that means standing in the heart of Times Square in New York City for the ball drop, or sipping wine at home with a few close friends [and Netflix](#), always remember to not feel pressured to do anything that isn't fun for you. After all, the New Year is supposed to be a fresh start, so why kick off 2016 somewhere you don't really want to be?



**Manage The Risk – Protect The Force For additional information contact: Your Unit Addition Duty Safety Officer (ADSO) or Collateral Duty Safety Person (CDSP), or USAG Installation Safety Office: Fort Stewart Office @ 912-767-6541; Hunter Army Airfield Office @ 912-345-4901.**