



## HOLIDAY DRIVING

JAN 2021

**LENGTH** 2–5 minutes

**TO PREPARE** Read the background information.

Ask employees to bring their cell phones if you plan to have them add [SoberRides.org](http://SoberRides.org) to their phones.

### BACKGROUND

- During the three days surrounding New Years, there are an average of 373 fatalities on roadways in the United States.
- When you plan for holiday travel that involves driving, having a PLAN is key. Make sure the vehicle is ready, and plan enough time for the travel.
- Plan stops to prevent fatigue, buckle up, put the cell phone away, and be patient when dealing with other drivers.

### DISCUSSION

- Who remembers a holiday road trip—maybe from childhood or maybe last year—where something happened that nobody expected? Maybe the dog got carsick or your toddler left behind his favorite stuffed toy.
- When travelling for the holidays, you want to be ready for the unexpected.



#### How can you prepare for the Holiday Season road trip?

- Make sure your vehicle is tuned up and in good shape for travel. Have your tires checked and check your motor oil and antifreeze levels.
- Keep an emergency kit with you. Don't take it out of the trunk in order to pack more suitcases.
- Make sure everyone is properly buckled up, no matter how long or short the drive will be.
- Have a flexible plan. If possible, delay plans if snow or bad weather is in the forecast.



- Give your full attention to driving. Pass your phone to the front seat passenger, or put your phone away. Pull off the road if you have to use the cell phone.
- Be well rested before you get behind the wheel, and include stops every 100 miles, or every 2 hours, as part of your travel plan.



## **It's taking longer than you thought to get to Grandma's house. What should you do to arrive safely?**

- Watch your speed. Your family wants you to arrive safely.
- Let impatient drivers pass you. Don't compete with them.
- Remain calm. If you feel impatient, use methods that work for you to dial it down.
- Don't rush to pass a slower driver if you cannot see enough clear road to pass safely. It's not worth it.

### **OPTIONAL DISCUSSION**

#### **Plan While You Can—the Party**

**Now that you've safely arrived and you're ready to have some fun, how can you plan to enjoy the occasion without making poor decisions?**

1. Choose an alcohol-free driver—BEFORE celebrating—who will remain alcohol free.
2. Visit [SoberRides.org](https://www.SoberRides.org) to plan your ride home before the holiday party begins. Drivers Under the Influence can face up to \$17,000 in fines and fees, and could lose their license. (Have your employees add this link to their cell phones.)
3. According to *Injury Facts*, alcohol-impaired fatalities increase during holidays.

### **SUMMARY**

- Plan for a safe trip by getting your vehicle checked and allowing plenty of travel time.
- During the road trip, make sure everyone is buckled up, focus only on driving, remain calm, and allow plenty of time and rest as part of your plan.
- Make sure all party plans involve a sober driver, or arrange for one ahead of time.