



November is Holiday Safety

Holiday safety is an issue that burns it's brightest from late November to mid-January, when families gather, parties, are scheduled, travel spikes, and weather begins to get colder, darker, and wetter.

Alcohol impairment is involved in about a third of fatalities each year. Approximately 485 people die on Thanksgiving, 115 on Christmas Day, and 175 on New Year's Day each year. During the holiday season, traveling by car, has the highest fatality rate of any major form of transportation.

SAFETY ALERT!

COLD, WET, DARK DAYS AHEAD

PROCEED WITH CAUTION!
BE PREPARED!

Holiday Travel Mitigations



Prepare Your Car for Winter



Get A Good Nights Sleep



Leave Early & Plan Ahead



Always Wear A Seatbelt



Avoid Use of Cell Phones



Don't Drink & Drive

Holiday Party Considerations

If you plan on drinking at a Holiday Party this season, please consider the following:

- Drink Responsibly (Limit yourself to no more than 1 alcoholic beverage per hour). Alternate drinking non-alcoholic beverages.
- Utilize public transportation, such as a bus, subway, Uber, or Taxi to take you to and from the party. This avoids you taking our own vehicle out, and reduces the chance of you driving home intoxicated.
- Use a designated driver at the party to drive you home.
- Call a family member or friend to drive you

Safety Tools & Resources

(Click a title to visit the website)



[The New York Army National Guard Safety Webpage](#)



[The Army National Guard Safety Website](#)



[Is your command compliant? Initiate a Command Safety Assessment](#)



[The United States Army Combat Readiness Center Website](#)



[The future of Safety Reporting and Statistics for the Army](#)



[Create & Manage your deliberate risk management worksheets online](#)

Safety Joke of the Month

Although they say, "safety is no laughing matter," with effective control measures implemented – it can be!

Safety Says:

Electricity can kill you in spectacular ways!

This month's Safety joke was submitted by:
SFC Adama Ilboudo, JFHQ

If you are interested having your Safety joke published, please submit your joke and contact information to LTC Alexander Prezioso at: alexander.prezioso.mil@army.mil.

Preparing Yourself & Your Car For Winter



Maintenance Checklist

- Check Your Battery; Several auto-part stores can check this for free
- Check Your Tire Treads
- Ensure Windshield Wiper Blades function
- Ensure washer fluid is replenished with no-freeze fluid
- Check your Antifreeze
- Keep your windows and windshield clean
- Keep a full tank of gas



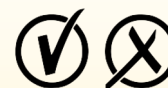
Supplies To Have On Hand

- Flashlight and batteries
- Jumper Cables
- Additional Windshield Washer Fluid
- Shovel, Snow brush and ice scraper
- Blankets & First Aid Kit
- Warning Devices and Flares
- Abrasive materials (sand, kitty litter, floor mats)
- Non-Perishable Food, Bottled water, medication
- Cell Phone & Backup Charger



Travel Considerations

- Know where you are going and how you are going to get there prior to travel. Review your route on a map.
- Become familiar with alternate routes in the event of road closures and delays.
- Review the weather forecast, and plan for additional travel time in the event of bad weather
- Leave early and give yourself plenty of time to travel



What NOT to Do!

- Do not speed! Follow the speed limit!
- Avoid traveling during periods of low visibility
- Keep an eye out for pedestrians and animals
- Maintain proper intervals with the vehicle ahead of you – DO NOT tailgate!
- Avoid overcorrecting the steering wheel. Ease of the gas, and gently apply the brake to slow down.

Practicing Cold Weather Driving

During the daylight, rehearse maneuvers slowly on ice or snow in an empty lot. This will allow you to safely feel what it is like to drive on snow or ice, and practice how to properly slow down and stop, or recover from a skid.

Slowing Down / Stopping:

- Stopping distances are longer on ice. Give yourself plenty of space and time to slow down.
- Know what your brakes will do in the event you stomp on an antilock brake system, or pump on non-antilocking brakes.

When Skidding:

- Steer into the skid. Never jerk the wheel or overcorrect it.
- Keep your hands firm on the wheel.
- Turning the wheel too much may cause the vehicle to flip, or suddenly change direction once the tires obtain traction.

Resource Videos (Short Clips)

Videos are available for download at: <https://safety.army.mil>
Click text below to view the videos.



[Drinking & Driving:
50% of all off-duty Mishaps](#)



[Holiday Leave:
Safety & Mishaps](#)



[Distracted Driving Causes
50% of all Mishaps](#)

State Safety Points of Contact

Safety & Occupational Health Manager

Alicia Howard
alicia.l.howard.civ@army.mil
COM: 518-786-6097
DSN: 489-6097

M-Day Safety Officer

COL Shawn Hatch
shawn.c.hatch2.mil@army.mil

M-Day Safety Officer

LTC Alexander Prezioso
alexander.prezioso.mil@army.mil

Safety Specialist

Chuck Austin
charles.b.austin2.civ@army.mil
COM: 518-786-6121
DSN: 489-6121

Occupational Health Nurse

Valerie Schwalbach
valerie.a.schwalbach.civ@army.mil
COM: 518-786-6040
DSN: 489-6040

M-Day Safety Specialist

CW3 David Morton
david.t.morton.mil@army.mil

Safety Specialist

Matthew Williams
matthew.s.williams117.mil@army.mil
COM: 518-786-4329
DSN: 489-4329

Industrial Hygienist

Thomas Phipps
thomas.c.phipps.mil@army.mil
COM: 518-786-4660
DSN: 489-4660

M-Day Safety Specialist

SFC Adama Ilboudo
adama.ilboudo.mil@army.mil

Proponent for this Monthly Newsletter is the NYARNG Safety Team

New York Army National Guard, ATTN: MNAV-OS, 330 Old Niskayuna Road, Latham, New York 12110-3514