

SAFETY MATTERS

HOLIDAY SAFETY

The holidays are an exciting time to gather and celebrate with family and friends. But safety doesn't take a break. Be sure to review these tips so that you can enjoy the season.

PREVENT STRAINS & SPRAINS

Household waste increases during the holidays, especially after Christmas. Work at a steady pace and never rush to complete a job. Get assistance to lift heavy or awkward-shaped items.

LIMIT OR AVOID ALCOHOL

It can be easy to drink more than you intend when celebrating. Set a limit before you start and consider avoiding alcohol entirely if you will be working the next day.

FATIGUE CAN BE DEADLY

Make sure you get your normal amount of sleep if you are working the next day or doing other activities.



It's the most wonderful time of the year at proud SWANA member New Way Trucks

You are three times more likely to be in a crash if you are tired.

BE EXTRA AWARE OF OTHERS

Many others will be out celebrating, so be aware of others who might be impaired. This includes both drivers and pedestrians.



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