SAFETY TIPS: SUPER BOWL SAFETY

Studies indicate that Super Bowl Sunday can be one of the worst days for motor vehicle collisions. Researchers identified three major factors contributing to an increase in car crashes after the Super Bowl:

- Fatigue due to the late hour
- Alcohol consumption during the game
- Distraction from re-playing the game in your head

Super Bowl Party Hosts can follow a few simple steps and take basic safety precautions to ensure a safe Super Bowl Sunday:

- Be a responsible host – limit your alcohol intake so you can make proper decisions for your guests
- Arrange for designated drivers in advance of the party
- Serve plenty of food
- Make sure everyone is buckled up – seatbelts are the best defense against impaired drivers in other vehicles
- Position non-alcoholic beverages alongside alcoholic beverages
- Fatigue due to the late hour
- Alcohol consumption during the game
- Distraction from re-playing the game in your head
- Stop serving alcohol at the end of the third quarter (the same as some NFL stadiums) and begin serving coffee and dessert
- Prevent falls by clearing walkways and stairs and providing good lighting

For more information visit amr.net/safety