



Christmas Safety Message from An Garda Síochána

Staying Safe on a Night Out



Staying Safe on a Night Out

- 🎄 Tell someone where you are going and when you expect to be home.
- 🎄 Carry your mobile phone (charged!).
- 🎄 If out with a group - watch out for one another. Safety in numbers.
- 🎄 If one of the group has too much to drink - ensure that they get home safely.



Staying Safe on a Night Out

- 🍷 Plan your trip home, or arrange a lift.
- 🍷 Remember never drink and drive.
- 🍷 If you're the designated driver, park your car in a well lit area and don't leave property visible inside.
- 🍷 If you see someone in trouble call 999 or the local Garda Station if it is less urgent.



Alcohol And Young People

- 🎅 It is illegal to buy alcohol if you are under 18. Drinking can cause health problems in young people.
- 🎅 Discuss drinking with your children. Be aware that they will see you as a role model.
- 🎅 Try to set a good example with how you use alcohol.



Alcohol And Young People

- 🎅 Everyone is responsible for safety, whether you are having a house party, office party or other celebration.
- 🎅 Be a good host, and serve alcohol responsibly.
- 🎅 Don't serve alcohol to drunk people.
- 🎅 Don't serve alcohol to people under 18 years.
- 🎅 Have low and non-alcoholic drinks available.
- 🎅 Promote safe transport options for your guests, including calling taxis or have bus time tables available.



Staying Safe When Out Shopping



Staying safe while you're out shopping.

- 🚦 Take extra care when using a cash point, or chip and pin. Don't let anyone see your pin number, never write down your pin number.
- 🚦 If you carry a handbag, keep your purse at the bottom.
- 🚦 Keep your handbag zipped at all times – crowded shopping areas are very popular with pickpockets.
- 🚦 Never keep your wallet in your back pocket.
- 🚦 Don't leave your handbag in the shopping trolley while you shop.
- 🚦 Stay alert when using your mobile phone. It's very easy for someone to snatch it out of your hand.



Staying safe while you're out shopping.

- 🚦 Always put shopping and parcels in the boot of your car when driving.
- 🚦 Don't return to your car to leave purchases in the boot before continuing with your shopping, as thieves may watch car parks.
- 🚦 Don't leave valuables on the seat of your car - they attract thieves.
- 🚦 Keep the car door locked, even when travelling.
- 🚦 Don't leave your house keys in your car.
- 🚦 Secure your Sat Nav - Hide it when not in use, don't preset your exact home address into it.



Driving Safely



Driving Safely

Unfortunately, Christmas holiday breaks are just the time when people take fatigue-related risks. People tend to take on too much driving to reach holiday destinations a few hours earlier. Their ability to drive safely is reduced even further by combining fatigue with alcohol.

- 🎁 Drivers are at risk when driving at times they would normally be sleeping. So, those 3am starts for a holiday destination can be risky.
- 🎁 Fatigue-related accidents can occur at any time of day. They are more common in mid-afternoon, and between midnight and dawn, so be particularly careful at these times.



Driving Safely – Tips

- 🎁 Just as you start to feel drowsy, pull off the road and have a 15 minute sleep (set the alarm on your mobile phone).
- 🎁 Make the most of your break, take a caffeine drink before the nap (150 mg of caffeine, for example, 2 cups of coffee).
- 🎁 After the nap, get some fresh air and stretch your legs.
- 🎁 By following all of the above advice you should be able to drive for another hour or more.
- 🎁 However you must remember that a short sleep only offers short term benefits, and should not be the replacement for a good night's sleep.



Drink Driving

- 📁 Alcohol is a major factor in crashes that lead to death and injury.
- 📁 Even small amounts of alcohol can affect your judgement and ability to drive.



Remember!

The best advice is never ever drink and drive. Could you live with the shame?

Drink Driving

📁 For Fully Licenced Drivers in Category B it is a criminal offence to drive, attempt to drive, or be in charge of a motor vehicle if you have more than:

📁 50 milligrammes of alcohol per 100 millilitres of blood,

📁 67 milligrammes of alcohol per 100 millilitres of urine, or

📁 22 microgrammes of alcohol per 100 millilitres of breath.



Mandatory disqualification for drink driving offences between 50mg and 80mg, the main provision of the Act, is effective from Friday 26 October 2018.

Drink Driving

- 📁 For professional, learner and novice Drivers it is a criminal offence to drive, attempt to drive, or be in charge of a motor vehicle if you have more than:
- 📁 20 milligrammes of alcohol per 100 millilitres of blood,
- 📁 27 milligrammes of alcohol per 100 millilitres of urine, or
- 📁 9 microgrammes of alcohol per 100 millilitres of breath.



There is no reliable way to tell how much you can drink before you exceed the legal limit.

Garda Checkpoints

- 📁 Gardai can set up Mandatory Intoxicant Testing checkpoints (MITs) to take roadside breath samples.
- 📁 Gardai can now also perform roadside preliminary drug tests to test for the presence of cannabis, cocaine, opiates and benzodiazepines.
- 📁 If you are arrested for an offence related to alcohol or drugs and driving, or refusing to give a roadside breath sample, you will be required to provide a sample of breath and blood or urine at a Garda station.



Safe Homes Over Christmas



Winter Burglary Facts

- ❄️ In winter, burglaries increase by 25%.
- ❄️ Over 40% of burglaries in winter occur between 5pm and 11pm.
- ❄️ In 20% of burglaries, entry is through an unsecured door or window.
- ❄️ Jewellery and cash are the most common articles stolen during burglaries.
- ❄️ There were many cases where car keys were “fished” through the letterbox in the past year.



Going Away For The Festive Holidays

- 🎅 Make your home look like someone is living in it.
- 🎅 Cancel any newspaper or milk deliveries.
- 🎅 Trusted neighbours may be able to help you by collecting your post, opening and closing curtains, and they could park their car on your driveway.
- 🎅 Avoid discussing holiday plans where strangers may hear details of your absence from home.
- 🎅 Leave important documents and valuable items with other family members or a bank. Alternatively lock them in a safe.



Going Away For The Festive Holidays

- 🎅 Do not put your home address on your luggage when you are travelling to your holiday destination. A work address will suffice if you want to label your luggage.
- 🎅 If you normally leave valuable bicycles or similar items in your shed, consider putting them in the house.
- 🎅 Make sure that you lock all outside doors and windows, and set your house alarm if you have one.



At Home

- ❄️ If you are expecting a parcel, make sure someone is there when it is delivered, or ask a neighbour to take it in. Avoid having it left on the door step.
- ❄️ Put presents under the Christmas tree early on Christmas morning, or keep the tree out of view of the window.
- ❄️ Once you've opened all your gifts, don't leave the boxes on view outside to advertise your good fortune to criminals.



At Home

- ❄ Don't leave your keys in the door at any time.
- ❄ Never leave keys, mobile phones, purses, wallets and other valuables in view of the windows or doors.
- ❄ Keep windows and doors shut and locked, even when you are at home. A thief will burgle your property even when someone is inside.
- ❄ Use an alarm if you have one even if you're leaving the home for a short period of time.



More tips

- ❄️ Chain up your wheelie bin to a fence away from your house. A burglar will stand on a wheelie bin to get into the first floor of your house.
- ❄️ Join your local Neighbourhood Watch / Community Alert.
- ❄️ Fix broken garden gates.
- ❄️ Put a wire basket on the inside of your letter box. This prevents burglars from fishing for keys through the letterbox.
- ❄️ Keep suitcases and bags in the attic, or with their handles tied together. A thief will use those very bags to transport items out of your house.





**Have a Safe
Christmas &
New Year**