

March Safety Message

Be Responsible

- Whether you're enjoying a pint of beer or a cocktail, it is important to pace yourself. Drinking too much can impair judgement and lead to risky behaviors.
- It's okay to say no if you don't feel like drinking, make sure to enjoy the celebration in a way that is comfortable for you.



Know your surroundings!

- St. Patrick's Day celebrations often involve large crowds, particularly in urban areas. Stay alert to avoid getting lost, bumped, or knocked over.
- Crowded events can lead to pickpocketing, so be mindful of your personal belongings such as phone, wallet, and keys!

Having a party? Consider doing these!

- Wash hands frequently- especially before handling food, ensure everyone washes their hands
- Keep Cold foods at 41F or below and hot foods at 135F or above to prevent bacteria growth.
- Avoid cross-contamination by using separate cutting boards for raw meats and ready-to-eat foods such as fruits.

Be the light of the event!

- Go for green, but with reflective details.
- Traveling with friends is safer and more visible, especially in a busy or crowded area. There is safety in numbers, it is easier to spot a group of people rather than just one.
- By being proactive about your visibility, you can reduce the risks associated with walking late at night!

Weather Awareness

- Check the forecast: March weather can be unpredictable. In some areas, temperatures can fluctuate rapidly, with rain, snow, or even sudden sunny spells.
- Wear the appropriate footwear



Madness on the Court, Safety off the Court!

- Make sure if having a party for March Madness all participant's that consume alcohol have a designated driver, use a ride-sharing app, or plan for public transportation. AVOID getting behind the wheel
- Driving under the influence can result in tragic loss of life, severe injuries to others, and can destroy careers.

By keeping these safety tips in mind, you can enjoy a fun and safe March, whether you're celebrating St. Patrick's Day, March Madness or just making the most of the month!