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A Safety Reminder for the Holiday Season

The month of December brings with it the joy of celebrating the winter holidays with family and loved ones. It comes at the end of a long year and typically provides gatherings where we can see people that we haven't seen in a while, share gifts, eat wonderful holiday foods and sweets, and yes, most likely be in a home setting or local establishment where alcohol is served. The American Society of Safety Professionals (ASSP) lists "communicating hazards and risks to prevent injury" and "helping develop and sustain workplace cultures that are driven by values — not regulatory consequences" as roles for a safety officer in the workplace; however, after just reading that the New Mexico Department of Public Safety (State Police) will be [conducting sobriety checkpoints](#), saturation patrols, and registration, insurance, and driver's license checkpoints in all New Mexico counties during the month of December, I am reminded that true safety professionals have at their core a desire and drive to look out for others even outside of work. Or, one might argue during the holidays *especially* outside of work. That is why I want to remind everyone to look out for ourselves AND others this holiday season. Besides utilizing a non-drinking designated driver (those who do the driving are Godsend!), there are a number of local organizations that will provide, free of charge, a

ride home for those who have imbibed and should not drive:

The New Mexico Department of Transportation (NMDOT) is partnering with Bernalillo County, the city of Albuquerque, Cumulus radio stations, and Uber to support the "[Take a Ride on Us](#)" program, designed to combat drunk driving. The program offers 2,000 participants an Uber credit of up to \$15, two rides per person, beginning noon Monday, Dec. 20 through 3 a.m. Monday, Dec. 27. Since its inception in the summer of 2017, the program has successfully provided over [52,000 safe rides](#) to residents in the Albuquerque Metro area.

Glasheen, Valles & Inderman Injury Lawyers "[Take a Ride on Us](#)" program provides Uber discount codes for safe transportation (\$10 off per ride / two rides per person) December 22-26, 2024 and December 29, 2024 – January 2, 2025.

Ride sharing services always allow you to quickly get a ride from your phone. Services are available in Albuquerque, Santa Fe, Las Cruces, Roswell, Gallup and Taos ([Uber & Lyft](#)).

Plan ahead and arrange a ride to/from your holiday destination with a family member, friend, or roommate who will not be drinking.

Putting statistics to this topic, as safety professionals are inclined to do, alcohol is involved in 40% of all fatal traffic crashes in New Mexico.

- New Mexico ranks third in

the nation as the worst states for drunk driving fatality rates (approximately 33% of all traffic fatalities in the state were due to drunk drivers).

- In 2022, Bernalillo County ranked first in the state with 636 alcohol-related crashes and first in alcohol-involved fatal crashes (40), and Albuquerque was the state's top-ranked city for alcohol-involved crashes between 2018 and 2022.

And law enforcement continues to step up their efforts to combat these numbers, with 8,329 DWI arrests statewide in 2022. Incidentally, the New Mexico Department of Public Safety has some really informative and useful information on their [website](#).

Lastly, if you see somebody on the road over the holidays who appears to be driving under the influence, and may present a danger to themselves or to others on the road, [endwi's Drunk Busters Program](#) allows good drivers to quickly and effectively report suspected DWI drivers through the use of a toll-free number and cell phone convenience key.

In closing, your New Mexico ASSP Chapter wishes you and yours a joyous and safe holiday season, and asks that you help our fellow New Mexicans to be as safe as possible while celebrating and driving.

Tim Riley, CEP, CSP, PMP
Advisory Group Member/
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December 2024

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https://nm.assp.org/



Reminder — 2024 Membership Appreciation Event:

December 12 | 5:30 pm - 8:00 pm ■ Canvas Artistry (1 Central Ave NW, Suite 3A)

Join friends, colleagues, and guests of NM ASSP & NMSHMM members for a casual, social time at Canvas Artistry, starting at 5:30pm with hosted appetizers and a no-host bar. Catch up with friends, introduce spouses, adult children, and friends who may be in town to our fantastic group of diverse environment, health, and safety professionals.

In addition to the membership appreciation festivities, we are organizing a fundraiser for The Storehouse of New Mexico. The Storehouse of New Mexico is a foodbank located in Albuquerque, New Mexico that became a nonprofit organization in 1976 and has continued to help New Mexicans solve their food insecurities ever since.

The Storehouse can turn every \$1 donated into five meals for people in need. Donations can be made using this link. https://www.classy.org/fundraiser/5929356?is_new=true

Save the Dates — ASSP Technical Meetings

- December 12, 2024 — Replaced with the Membership Appreciation Event
January 9, 2025 — Cancelled
February 13, 2025 — We Have to Talk: Strategy and Approach to Difficult Conversations, location TBD
March 13, 2025 — TBD
April 10, 2025 — TBD
May — Tentative PDC
June 12, 2025 — TBD

We Have to Talk: Strategy and Approach to Difficult Conversations, — February ASSP Technical Talk

Date: 2/13/25

Time: TBD

Location: TBD

Summary: Safety Professionals will face countless difficult conversations in their career. How can we handle them to see successful outcomes? How do we prepare and approach them? How can we find compassion between alignment and accountability? As safety professionals, we can learn to approach these conversations with confidence. We will roleplay difficult conversations and discuss the benefits of assertiveness. We also explore ourselves and the "buttons" that can get pushed

and how to manage our own emotions and body language during difficult conversations to see better results.

Patrick Ryan is a Certified Safety Professional (CSP) and works for Sysco Foods where he helps facilities improve their safety performance by building trust. He has been active within the American Society for Safety Professionals (ASSP) at both the Portland, OR and Albuquerque, NM chapters. He has years of safety experience, serving as the Safety Director for Sysco Portland and Sysco New Mexico, and prior spent years as a safety professional in the Dairy Industry. He holds a Bachelor's Degree in Envi-

ronmental Science, is currently completing his Master's Degree in Occupational Health and Safety. He is also a practitioner of mindfulness meditation and has been active for over 10+ years in meditation communities. Before becoming a Safety Professional, Patrick was a professional driver and still holds a CDL. He currently lives in Rio RANCHO, New Mexico with his wife and has a daughter in college studying film. Outside of work he enjoys mindfulness meditation, going to soccer games, and playing with his dogs. He is also a lifelong Star Trek fan.



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