



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



Prevent falls by clearing walkways and stairs and providing good lighting



Serve plenty of food



Arrange for designated drivers in advance of the party



Position non-alcoholic beverages alongside alcoholic beverages



Make sure everyone is buckled up—seat belts are the best defense against impaired drivers in other vehicles



Stop serving alcohol at the end of the third quarter (the same as some NFL stadiums) and begin serving coffee and dessert

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