

# *Holiday Safety*



# *Introduction*

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- *The holiday season can be a time of joy but it can also be a very hectic time which can put you at risk.*
- *When you make out your shopping list, make a Safety List too.*



# *Holiday Safety List*

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- *Fresh Tree*
- *Lights and Decorations*
- *Fire in the Fireplace*
- *Holiday Food*
- *Party Plans*
- *Travel*
- *Shopping*
- *Stress Relievers*

# *Tree*



# *Tree*

- *Make sure the tree is fresh - no falling needles*
- *Keep the tree fresh - keep it in a bucket of water until you are ready to bring it inside*
- *When you bring it in cut a diagonal slice off the bottom of the trunk*
- *Use a sturdy holder with wide-spread legs*

# *Tree*

- *Keep the stand filled with water*
- *Keep the tree away from heat like fireplaces, heaters and heat ducts*
- *After the season, recycle or discard the tree - Never burn it*
- *If you are considering an artificial tree, make sure it is flame retardant*

# *Lights*

- *Make sure that lights have a factory label which assures it has been safety tested*
- *Inspect each string of lights to make sure there is no damage*
- *Position bulbs so they are not in contact with needles or ornaments*

# *Lights*

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- *If you string lights together, don't string more than 200 midget or 50 larger bulbs through one string*
- *Don't connect more than 3 sets of lights on the same extension cord*
- *Keep cords and plugs away from the water under the tree*

# *Lights*

- *Keep cords out of walkways to prevent tripping*
- *Don't run cords under carpets or rugs*
- *Take care not to pinch cords when placing behind furniture*

# *Decorations*

- *Make sure that fragile glass ornaments - or ornaments that small children could mistake for candy- are placed high on the tree or consider not using them*
- *If small children are in the home do not use older ornaments that may be made with toxic materials such as lead based paints*

# *Decorations*

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- *Make sure that tinsel is not placed on low limbs where it could pose a choking hazard to small children or consider not using it at all*

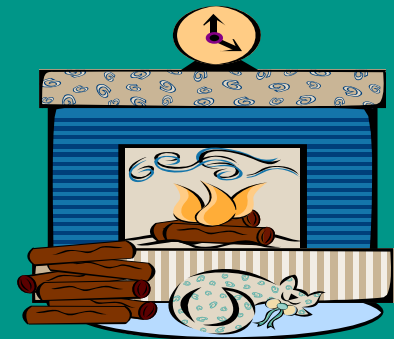


# *Fireplaces*

- *Don't use your fireplace to burn wrapping materials - which can create toxic fumes or even a flash fire*
- *Use kindling and wooden matches to light to light fires - not flammable liquids*
- *Don't wear loose clothes when tending fires*
- *Keep flammable decorations away from the fireplace*

# Fireplaces

- *Don't close the chimney flue until the fire is COMPLETELY out*
- *Make sure the fire is out before leaving the house or going to bed*
- *Dispose of ashes in a metal container and never in or near the house*



# *Fire Hazards*

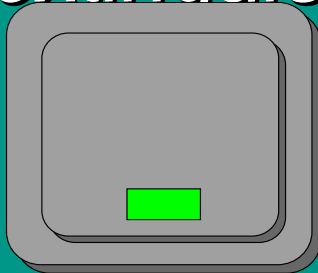
- *Place candles in a holder that will not tip*
- *If you place candles in a window make sure they are clear of curtains or drapes*
- *Extinguish all candles before leaving or going to bed*
- *NEVER place lit candles on your tree*





# *Smoke Detectors & Fire Extinguishers*

- *Smoke detectors should be installed on each floor and outside each bedroom*
- *Don't place smoke detectors in kitchens where false alarms are common*
- *Test smoke detectors at least once a month and replace batteries annually*
- *Buy a fire extinguisher and inspect it frequently*



# *Smoking*

- *Use an ashtray that large, deep and will not tip over*
- *Empty ashtrays often*
- *After a party, check all surface areas for smoldering cigarette butts - even behind pillows and cushions*



# *Holiday Food Preparation*

## *To Avoid Food Poisoning:*

- *Keep food, utensils, preparation surfaces and hands clean*
- *Keep hot foods hot and cold foods cold*
- *Refrigerate leftovers as soon as possible after the meal*



# *Holiday Food Preparation*

## *Preparing the Turkey:*

- *Defrost the turkey in the refrigerator - NEVER at room temperature*
- *Stuff the turkey just before cooking to prevent the stuffing from spoiling*
- *Use a meat thermometer to assure complete cooking*



# *Holiday Parties and Alcohol*

- *Don't drink alcohol in excess of one per hour*
- *1 beer = 1 shot of whiskey = 1 glass of wine*
- *Never drink alcohol on an empty stomach*
- *Feel free to refuse alcohol regardless of pressure or encouragement to drink*



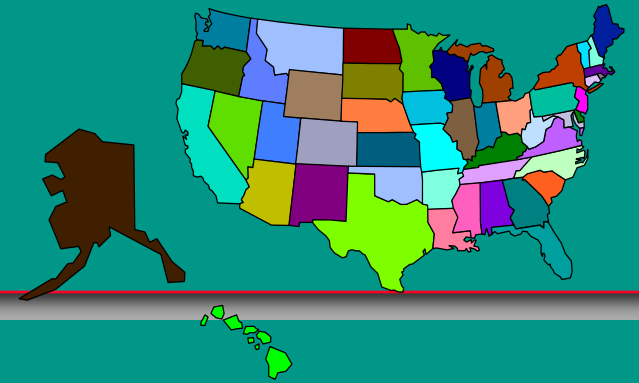
# *Holiday Parties and Alcohol*

- *Don't drink alcohol if you are pregnant or are using medication*

■ ***NEVER DRINK ALCOHOL AND DRIVE***

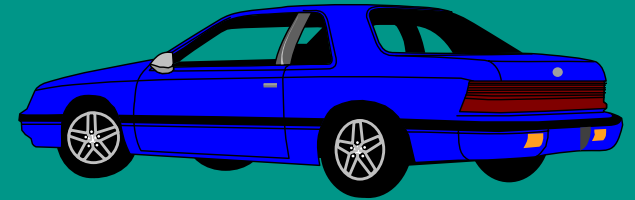


# *Holiday Traveling*



- *Plan your trip with scheduled rest stops and activities for small children*
- *Leave an itinerary with a friend so someone knows where you are*
- *Don't overload your vehicle or obstruct your view with packages*
- *Avoid a heavy meal before leaving on a trip to prevent sleepiness.*

# *Holiday Travel*



- *Get a good night's sleep before starting on the road*
- *Follow other vehicles at a safe distance*
- *If traveling in winter weather, carry emergency equipment such as first aid kit, blankets, compass, flashlight, flares, etc.*
- ***ALWAYS BUCKLE UP!!!!***



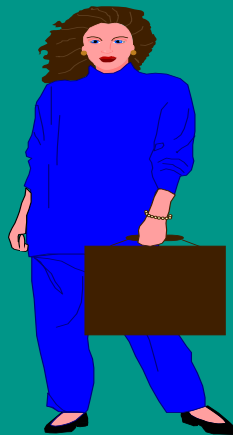
# *Safe Shopping*

- *Avoid carrying large packages that block your vision and make you a target for purse snatchers*
- *Ask store for an escort to your car - some now provide this service*
- *Shop during daylight hours whenever possible*
- *Always park in well lit areas*



# *Safe Shopping*

- *Carry your wallet in your front pocket*
- *Carry your purse close to your body or under your coat*
- *Have your keys in your hand before you go to your car*



# *Holiday Stress Relievers*

- *To avoid stress:*
- *Don't blow your budget*
- *Budget your time as well as your money*
- *Start planning your gift list early*
- *Don't try to do everything yourself*
- *Make some fun plans for January when the post holiday blues set in*

# *Summary*

## *Holiday Safety List*

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- *Fresh Tree* ✓
- *Lights and Decorations* ✓
- *Fire in the Fireplace* ✓
- *Holiday Food* ✓
- *Party Plans* ✓
- *Travel* ✓
- *Shopping* ✓
- *Stress Relievers* ✓



*All add up to a*

***SAFE HOLIDAY***