Holiday Safety

With the holiday season fast approaching, there are many things we need to think about and plan for. From family and friends to presents and parties, there are many items on our respective plates. This is just a reminder to make sure holiday safety is one of those items.

Trees

• When purchasing a live tree, check for freshness. A fresh tree is green and needles are hard to pull from branches, and when bent between your fingers, needles do not break. When tapped on the ground, the tree should not lose many needles.

• Keep trees away from fireplaces, heating vents, or portable heaters. Places the tree so it is out of the way of traffic and do not block doorways.

• Make sure artificial trees are flame retardant.

• Cut a diagonal slice off the tree trunk to expose the fresh wood. This allows for better water absorption and helps to keep the tree from drying out.

• Keep the stand filled with water - heated rooms can dry live trees out rapidly.

Lights & Candles

• Use only lights that have been tested for safety by a nationally recognized testing laboratory such as Underwriters Laboratories.

• 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.
Holiday Safety Continued

- Keep candles away from decorations and other combustible materials - do not use candles to decorate trees. Never leave the house with your candles still burning.

Food Safety

- Unattended cooking is the leading cause of home fires in the U.S. When cooking for holiday visitors, remember to keep an eye on cooking equipment.

- Defrost turkeys in the refrigerator - NEVER at room temperature. Start thawing the frozen turkey in the refrigerator several days before cooking.

- It’s important to keep foods out of the danger zone. Keep hot foods hot, at least 140°F (60°C), and cold foods cold, at 40°F (4°C) or lower.

- Place leftovers in shallow containers so they cool quickly. Once the food stops steaming, cover and refrigerate.

Holiday Travel

- Never drink alcohol and drive.

- Leave an itinerary with a friend so someone knows where you are.

- Get a good night’s sleep before starting on the road.

- Don’t overload your vehicle or obstruct your view with packages.

- If traveling in winter weather, carry emergency equipment such as first aid kit, blankets, compass, flashlight, and flares.

- ALWAYS BUCKLE UP!!! It’s the law.

From our workplace to yours, have a “Healthy and Safe” holiday season!

Holiday 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.