



SAFETY GRAM

MCI WEST SAFETY PRESS



Holiday Safety Tips



1. Fall-related injuries during holiday decorating

Check your ladder for broken or worn parts, especially Remember, for every four feet of height you have to climb, move the base of the ladder one foot away from the wall.

2. Toy-related injuries

Read all the instructions for new toys and be sure to follow age guidance and safety information. Keep small parts and packing materials away from young children.

3. Fires associated with holiday decorations

Never leave the stove unattended, especially around children. Keep your live Christmas tree watered, and if you are purchasing an artificial tree, look for one that's fire resistant. Keep candles away from flammable items and never leave a candle unattended.

4. Back and neck injuries

Lift with your legs: squat to pick up a package and then straighten your legs to lift. Never lift a heavy object above shoulder level and avoid turning or twisting your upper body when lifting or holding heavy objects.

5. Automobile accidents

Buckle up and drive defensively. If you plan to celebrate the season with an alcoholic drink, designate a sober driver or arrange alternate transportation. Avoid driving fatigued, distracted, or under the influence of drugs or alcohol.

6. Food and alcohol related issues

If you know you have food allergies, be especially wary of trying anything that's new or has unidentifiable ingredients. Drink slowly and try to drink a glass of water between each alcoholic beverage.



<https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/holiday>

<https://www.redcross.org/local/connecticut/about-us/news-and-events/news/10-holiday-safety-tips.html>