

# Holiday

*Stay Safe &*



*Injury-free*

# Hazards



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# General Safety

*Temperatures are dipping & snow flurries are flying!*

## **HAVE FUN this winter & follow these tips to remain safe & injury-free:**

- Keep matches, lighters and candles out of reach of children.
- Avoid wearing loose flowing clothes—particularly long, open sleeves—near open flames, such as those of a fireplace, stove, or candlelit table.
- **Plan for safety:** Remember, there is no substitute for common sense. Look for and eliminate potential danger spots near candles, fireplaces, trees, and/or electrical connections.



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*Source: U.S. Consumer Product Safety Commission*



# Fall Prevention

*Falls are the primary cause of injury among older adults.*

**More than one in four adults** (age 65 and older) fall each year.

There are several tools and programs to help reduce risk of falling and fall-related injury.

## **BE PREPARED this winter & follow these tips to remain safe & injury-free:**

- Have your eyes checked at least once a year.
- Remove trip hazards at home.
- Add lighting where needed.
- When going outside, remember that sidewalks and stairs may be slippery.



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*Source: HIPRC Fall Prevention*



# *Mental Health*

*The holidays can be stressful.*

## **BE MINDFUL** this winter & follow these tips to remain safe & injury-free:

- **Check-in regularly with your kids.** Ask open-ended questions, listen to their feelings, and seek help if needed.
- **Look for warning signs of anxiety and/or depression,** such as withdrawal from friends and family, talking about suicide or death, desperation, and isolation.
- **Learn how to use practical, effective interventions** to decrease the risk of a young person attempting or completing suicide. *Over 5,200 young people commit suicide each year.*



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