



HARBORVIEW
INJURY PREVENTION
& RESEARCH CENTER

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HOLIDAY HAZARDS

Stay **safe & injury-free** this holiday season



hiprc.org/holiday-hazards

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⚠️ **BE PREPARED - Avoid Falls:**

- Wear **proper** footwear.
- Remove **trip hazards** around your home.
- Take your time, ***don't hurry when walking!***
- Use handrails or a walking stick for **assistance**.



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⚠️ **BE PREPARED - Avoid Burns:**

- **When cooking**, keep pot handles turned inward on the stovetop & away from the edge of the stove.
- **Keep children** at least three feet away from the stove.
- **While holding a child**, DON'T cook, drink, or carry hot items.
- **DON'T leave** fireplaces, space heaters, food cooking on stoves, and/or candles burning **unattended**.



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⚠️ **BE PREPARED - Prevent Tree Fires:**

- **When picking a fresh (LIVE) holiday tree**, its needles should be green and NOT fall off when touched.
- **Water your tree daily. Replace** any string of lights with worn or broken cords and/or loose bulb connections.
- **Never use lit candles** to decorate (live or artificial) trees.
- **Turn OFF** tree lights *before* leaving home or going to bed.



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⚠️ **BE PREPARED - Be Firewise:**

- **Keep holiday décor** (fresh & artificial trees) at least ***three feet away*** from open flames & heat.
- **Never use** lights and/or electrical products to decorate metal or aluminum trees.



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⚠️ **BE PREPARED - Prevent CO Poisoning:**

- **Install** carbon monoxide (CO) detectors *near every* sleeping area in your home.
- **Never use** a generator inside your home, basement, or garage *if less than 20 feet* from a window, door, or vent.
- **Regularly service** chimneys, furnaces & appliances.



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⚠️ **BE PREPARED - Look Around & Within:**

- Holidays can be ***stressful!*** **Take a break.**
Go for a walk or do something nice for someone.
- **Check-in regularly** with friends, family and loved ones. Ask open-ended questions, listen to someone's feelings. **Seek help, if needed.**



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 **BE PREPARED - Practice Self-Care:**

Take care of **your body.**

- Spend time outside.
- Stay active & move your body.
- Get proper rest.



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 **BE PREPARED - Practice Self-Care:**

Take care of your connections.

- Connect with people for support.
- Volunteer for a cause you care about.
- Get involved with a sports team, school activity, religious or spiritual organization.



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 **BE PREPARED - Practice Self-Care:**

Focus on your connections.

- Connect with people for support.
- Volunteer for a cause you care about.
- Get involved with a sports team, school activity, religious or spiritual organization.



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⚠️ **BE PREPARED - Safety Precautions:**

- **Don't skim toy product descriptions.** Always read safety information, especially when shopping for children.
- **Keep away from children** any potentially poisonous plants and decorations such as mistletoe & holly berries.
- **Ensure** your home's smoke & CO alarms work properly.



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⚠️ **BE PREPARED - Safety Precautions:**

- Keep matches, lighters & candles **out of reach** of children.
- **Extinguish candles** when leaving a room or going to sleep.
- If you or a member of your family are sick - **stay home, avoid gathering & take care.**
- **Wash hands often.** Avoid touching your eyes, mouth & nose.



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⚠️ **BE PREPARED - Gift Toys Safely:**

- **Inspect** toys regularly.
- **Purchase safety gear** for children to use when they ride on scooters or other toys.
- **Be cautious** of toys with button batteries & magnets.
- **Be mindful of choking hazards.** Keep small balls & toys with small parts away from children younger than age three.



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