HOLIDAY HAZARDS

Stay safe & injury-free this holiday season

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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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