



HOLIDAY SAFETY TIPS

**Presented By: University of Michigan-Flint
Environment, Health and Safety
Department**



HOLIDAY DECORATIONS AND LIGHTING

- Purchase holiday decoration items that are non-combustible, flame-retardant and flame-resistant.
- Keep Christmas tree in a low traffic area away from fireplaces and heat sources and make sure the tree has a sturdy base
- Do not leave candles unattended and keep them away from combustible objects. This poses a great threat to start a fire. Remember, if you light it you have to watch it!
- Make sure the lights are in working order. Make sure that all the bulbs are working and that there are no frayed wires, broken sockets or loose connections.
- Before using outdoor lights, check for certification or outdoor usage.
- Plug all decorations into a ground-fault circuit interrupters to avoid potential shocks.
- With the decorative lights, remember to turn it off when you are not in the room and/or going to bed.
- When using the fireplace, remove all flammable items out of the area. Avoiding throwing wrapping paper and other objects that are not for the use of the fireplace into the fire. This can release some noxious gases and can pose a real threat to the body.



CHILDREN SAFETY

- In homes with small children, avoid decorations that are sharp and can break.
- Keep small decorations and trimming out of reach from the children.
- Avoid purchasing decorations that look like edible items to keep children from tempering with them.
- Keep all gift decorations away from children, as this could pose as a serious suffocation and choking hazards to children.
- Buy age appropriate toys for children.
- To avoid electrical burns and shocks, avoid giving a child a toy that needs to be plugged into an electrical outlet. Purchase toys that use batteries to avoid these risks.
- Children under age three can choke on small parts contained in toys or games. Government regulations specify that toys for children under age three cannot have parts less than 1 1/4 inches in diameter and 2 1/4 inches long. Children can have serious stomach and intestinal problems – including death -- after swallowing button batteries and magnets. Keep them away from young children and call your health care provider immediately if your child swallows one.



HOLIDAY ENTERTAINING

- Make sure to check if your smoke alarm is working.
- Avoiding unattended cooking, as this is the leading cause in American house fires, especially during the holidays.
- Make sure all cords are out of the way to avoid tripping.
- Make sure all combustible items are in a safe place and far away from heat sources and fires.
- Keep matches and lighters out of reach from children and be sure to inform them about the dangers of fires.



FOOD SAFETY

- Keep raw foods and cooked foods separate from each other.
- Make sure all food are fully cooked to their proper temperature.
- Make sure to wash your hands frequently when cooking.
- Keep hot foods and liquids away from counter/table edges, where it can be easily knocked over.
- Make sure to cool food down, separate foods into smaller containers and put them in the refrigerator



HOLIDAY TRAVELLING

- Check the weather so that you are properly prepared for the day.
- Research your destination, plan your route and alternate routes.
- Watch the news or listen to the radio before heading out in case you have to change your route.
- Do not pick up hitchhikers.
- Avoid stopping in an unfamiliar area trying to read a map/directions.
- Make sure your vehicle is well maintained, in good operating condition and reliable.
- Make sure you have a functional phone, as it is your life line to call for help if needed.
- Depending on your holiday destination, please remember to keep warm. Wear loose layers of tightly woven clothing to stay warm.



HOME SECURITY

- If you have a home security system, make sure to set it all times. Just adjust the timing settings as needed.
- Never discuss your traveling details with strangers.
- Always be alert in your environment. Even while having a good time, be attentive of the activities that are taking place around you.
- Have a neighbor or friend keep an eye on your home when you are out of town, even if you have a security system.



HEALTH

- Most importantly remember to relax over the holidays. With exams winding down, it is good to rejuvenate with some relaxing activities during the holidays, so that you enter the new year refreshed and not burn out!
- We all know that the holidays are the time to pack on the pounds, splurge on some treats, however, remember to eat healthy and be active. Try ice skating or sledding!
- Take time to update your vaccinations, unless you have already done so. Please do so to avoid getting ill over the holiday period.
- Get your check-ups and schedule a flu shot at either your physician's office or at one of the sponsoring locations that are holding flu shot clinics.
- Being that this is getting close to the flu season, remember to wash your hands when you can and as often as possible, to avoid the spread of germs and make sure your children do so as well. If you do not have access to the sink, carry some hand sanitizer.
- Remember when you cough to cough into some Kleenex or the upper sleeve of your elbow.

CREDITS



All the information provided in this presentation were adapted from:

- Florida Highway Patrol: <http://www.flhsmv.gov/fhp/misc/christmas/TST.htm>
- Transportation Security Administration: http://www.tsa.gov/travelers/holiday_travel.shtm
- American Academy of Pediatrics: <http://www.aap.org/advocacy/releases/novtips.cfm>
- Center for Disease Control and Prevention: <http://www.cdc.gov/family/holiday/>
- The University of Oklahoma Police Department: <http://www.ou.edu/oupd/holtips.htm>
- International Association of Certified Home Inspectors: <http://www.nachi.org/holidaysafety.htm>

Special thanks for their efforts to inform people about holiday safety and ensure that everyone during the holiday period has an enjoyable, peaceful and safe holiday!

For more information, please feel free to browse the information in any of the websites listed above.



HAPPY HOLIDAYS!