

# Happy Holidays



## Holiday Safety & Wellness Tips

We have compiled a list of some Safety & Wellness Tips for the holiday season. Most of us have heard these and other tips before, but when we get busy, it's easy to put health and safety aside.

### Tree Safety:

#### Fresh Trees:

- Make sure the tree is fresh, check the needles look for vibrant green needles and that do not fall off when touched.
- Make sure you water daily.
- Keep tree away from heat sources: fireplaces, radiators, candles, vents, etc.
- Use LED lights, they burn cooler.

#### Artificial Trees:

- Should be flame resistant and have a seal from an approved safety testing laboratory if the tree contains a built-in lighting set.
- Do not use electric lights on metal trees.



### Credit Card Safety:

- Shop only at secure websites: make sure you check for the "lock" on address bar or check for "https." on the website to make sure the site is secure.
- Do not respond to emails or text messages asking you for personal or credit card information
- Check your credit card and bank statements regularly for fraudulent use. Report any fraudulent use as soon as you find it.
- Do not save credit card information on retailer's websites.
- Install the latest updates on you tablets, phones, computers, etc.

### Parking Lot Safety:

- Don't keep packages, wallets, purses, money, backpacks, etc. visible in your car. Please hide them before you get to the store parking lot.
- Make sure you lock your vehicles.
- Beware of anyone handing out fliers or asking questions in parking areas.
- Make sure you park in a well-lit area.
- If you think you are being followed, contact the store security, or the police department.
- Do not text and walk, please be aware of your surroundings!

**Remember all the reasons you have to be safe this holiday season!**

# Holiday Safety & Wellness Tips Continued

## Decorating & House Safety:

- Use ladders properly.
- Do not leave Tree lights, candles, decorations burning when go to bed or leave the house.
- Watch candle placement. Do not place candles close to curtains, in trees or wreaths or around other flammable objects.
- Lights & Light kits:
  - Use no more than 3 sets of lights on one extension cord.
  - Check each set for wear and broken lights.
  - Keep plugs out of puddles.
  - Use only indoor lights indoors and outdoor lights outdoors.
  - Use only lights that have been tested by nationally-recognized laboratories, such as UL
- House plants: Many plants are poisonous, poinsettias, holly berries, mistletoe, amaryllis just to name a few. Keep these and other house plants out of reach from children and pets.
- Use Sand on icy patches.
- Do not pile presents in front of windows.
- Lock doors and if you have alarms, please set them when you leave.
- Use automatic times for lights.
- Remember to keep those four legged fur babies safe, too!

## Travel Safety:

- Winterize your vehicle: check fluids, brakes, spark plugs, battery, and tires.
- Have an emergency kit winter “survival kit” with working flashlight, extra batteries, reflective triangles, compass, first aid kit, exterior windshield cleaner, ice scraper, snow brush, wooden stick matches in a waterproof container, and non-perishable, high energy foods like unsalted canned nuts, dried fruits, and hard candy.
- Map route out ahead of time.
- Take breaks: Remember to stop regularly and stretch your legs.
- Keep your cell charged at all times.
- Buckle Up and make sure everyone is buckled up.
- Check the back seat! When you are exiting the vehicle, check the back seat to make sure you do not leave any infants/ toddlers.
- Have a designated driver, do not drink and drive.
- Avoid Distracted Driving: Put down the phone, do not eat, read, or anything that takes your eyes off the road.
- Do not post photos to social media showing you are not home.

## *Don't Give the Gift of Food Poisoning*

The U.S. Department of Health and Human Services provides some holiday food safety tips. Here are a few:

- **Do not rinse raw meat and poultry before cooking**
- **Use a food thermometer to make sure meat is cooked to a safe temperature**
- **Refrigerate food within two hours**
- **Thanksgiving leftovers are safe for four days in the refrigerator**
- **Bring sauces, soups and gravies to a rolling boil when reheating**
- **When storing turkey, cut the leftovers in small pieces so they will chill quickly**
- **Wash your hands frequently when handling food**



***The Safety Resource Team wishes each and every one a Happy & Healthy Holiday Season***



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