HOLIDAY SAFETY TIPS



“It’s the most wonderful time of the year!” or so the song goes. It can be, but it takes a little planning. Here is information to assist you in having an accident free holiday season. Careful planning is the key to success.



**CHRISTMAS TREE SET UP**

In retailing they say, “location, location, location”. It’s true for Christmas trees also. Before you set up the tree think about the location. Be sure that the tree is not near any source of heat such as vent, fireplace, space heater, and do not block doors. Don’t set yourself and your family up for a Christmas fire.

Start with a fresh tree. Try the “tap method” to check freshness if the tree is on a lot. How to do this and other tree safety information can be found at: <http://christmastreesafety.com/>

Christmas trees add a special touch to the holiday season, but they also can be a fire hazard. Here are some helpful tips to reduce the risk of fire: <http://www.extension.iastate.edu/Pages/communications/holiday/xmastree.html>

A list of Christmas tree farms by state can be found at: <http://www.christmas-tree.org/>

Be sure and keep plenty of water in your tree stand. It should be checked every day and water replaced as needed.

Purchase a “smoke detector ball” for your tree. They look like an ornament but will sound an alarm if smoke is detected.



**COOKING**

There is something special about a gingerbread house. You can let your imagination go and build the impossible. A wonderful site for starting is a site called Gingerbread Lane at <http://www.gingerbreadlane.com/> , but like any kitchen project if the children are going to help you need to think safety.

Handle all poultry very carefully and follow these simple rules.

Follow any instructions on the packaging. If there are no instruction remove the packaging and thaw completely in the refrigerator. After the turkey is completely defroste d remove all liquid and keep the turkey refrigerated. Be sure and cook within 24 hours of defrosting. Harmful bacteria will start to multiply if you thaw at room temperature. Do not stuff the body cavity, stuff under the skin flaps or cook separately.

Do not stuff the cavity of the turkey. Cooking the stuffing separately is preferable.

Remember to wash your hands after handling the uncooked turkey. It is a good idea to keep anti-bacterial soap in the kitchen.

Remember - Keep hot foods hot and cold foods cold!

Be careful with spills. Have a cloth or mop handy so that you can clean up any spill immediately. Spills can lead to slips and falls.

Knives should be kept sharp at all times. When a knife doesn’t cut properly the solution is usually added pressure and this can lead to accidents. Make sure between uses that knives are placed out of reach of little hands and away from counter edges where they can fall off.

Make sure children are supervised at all times when they are “helping” or when you are busy. It only takes a moment for a child to get hurt.

Don’t leave oven doors open. Place the pan from the oven on the stove or have a hot plate ready beside the stove. Close the oven door immediately before a child can touch it.



**DECORATING** (trees in and out, all around the house, outdoor door displays, candle use)

Keep the holidays joyous by keeping safety in mind. Here are some tips for the holidays. Below, read some [general electrical safety tips](http://www.sce.com/003_safety_first/#1).

**Holiday Safety Tips:**

* Never place lighted candles on a real or artificial tree.
* Always make sure holiday lights are unplugged before you go to bed or leave home.
* Keep lights away from carpeting, furniture, drapes and other combustible materials.
* Make sure all holiday lights and any artificial trees with built-in electrical systems are Underwriters Laboratories (UL) listed. UL certification is the worldwide standard for product safety and quality.
* When you buy an artificial tree, choose one that is tested and labeled as fire resistant.
* When you buy holiday lights, choose miniature lights with cool-burning bulbs.
* Check all light strings for broken sockets, frayed cords, and loose connections. Replace damaged strings.
* Unplug a light string before replacing a bulb. Check the original package to verify proper wattage and voltage. Fasten bulbs securely and point the sockets down to avoid moisture build up.
* Avoid overloading a single wall outlet or extension cord with too many light sets. For example, do not place more than three light sets on any one extension cord. Overloads cause fires.
* Use only indoor lights inside the home and outdoor lights in the yard. Never use indoor extension cords outside.
* Keep outdoor electrical connectors above ground and out of water.
* Make sure outdoor trees hung with holiday lights are not touching power lines.
* When hanging outdoor lights, do not hammer nails through electrical cords.

The holiday season is over and now you can relax right? Wrong! Accidents can happen anytime of the year. Here are some suggestions regarding electrical safety for the post holiday season. <http://www.lifehome.com/TipCrnr007.htm>



**DRINKING**

A Guide to Community-Based Designated Driver Programs developed by the
National Commission Against Drunk Driving and the Harvard Alcohol Project
Center for Health Communication Harvard School of Public Health can be found at:

<http://www.ncadd.com/designated/designated1.html>

Excessive use of alcohol causes more problems than driver impairment. Money problems, physical abuse, child neglect and work problems are just a few of the additional complications caused by excessive use of alcohol. This is a family time of year ---not a time for tragedy. It is a time for reflection and a time to take stock of what is important.



**DRIVING & TRAVEL** (plan ahead, hotel/motel safety, weather watch,

**Three “P” success!**

Prepare for the trip.

Protectyourself and those you love

Preventcrashes.



**Don’t drink and drive!**

##### Santa’s sleigh is a phone call away

Call \_\_\_\_\_\_\_\_\_\_ and a driver will pick you up and take you home safely.

Drivers provided by \_\_\_\_\_\_\_\_\_\_\_\_ Safety Dept

(facility)

**At your installation put out the word you need “on call drivers” for the period of 1 December – 1 January who are willing to receive calls and pick up those that may not get home without help. Set up an on call roster and have a central call number. There are many variations on how to run the program and you need to set up a system that will work for your post. It is important that no report of who was picked up or where be made to the chain-of-command. This is a service to help.**

# FAA INFO FOR THE HOLIDAY - FAA Approves High-Tech Sleigh; First Flight Set for December 24WASHINGTON - The Federal Aviation Administration (FAA) announced that it issued a supplemental type certificate for a new version of Santa's sleigh. FAA Administrator Jane F. Garvey issued the type certificate at the annual meeting of the Sleigh Airworthiness Next Technology Association (SANTA)."This new sleigh incorporates the most advanced navigation and safety technology - its operational capabilities, especially in cold, dark nighttime conditions will be second to none," Garvey told the 200 S.A.N.T.A. members, or elves, gathered at the annual meeting.The first flight of the new sleigh will be on Christmas Eve. While the new sleigh - tail number N1225 - retains the classic features of the previous edition, including eight-reindeer thrust and supplemental navigation by Rudolph, the new version includes state-of-the-art technology. Its cockpit, or dashboard, features an integrated avionics package with GPS navigation. New safety features include a Terrain Awareness and Warning System (TAWS) as well as a Traffic Collision Avoidance System (TCAS). One of the most important new features, Garvey noted, especially for the portion of Santa's trip in the Northern Hemisphere, are in-sleigh displays of digital weather graphics and text through the FAA's Flight Information Service Data Link (FISDL).The FAA said Santa's Christmas Eve flight plan is expected to be longer this year and include more stops. According to official North Pole projections, both Available Santa Miles (ASMs) and Revenue Present Miles (RPMs) will be higher this year. The increase in ASMs is the result of worldwide population increases. RPMs will be up due to more children being nice and not naughty over the past year.The FAA issued a waiver authorizing Santa to land at alternate airfields, including housetops and other non-traditional landing strips, so that he can avoid delays at the nation's busiest airports. Travelers using major U.S. airports on Christmas Eve can check the FAA's Web site at [www.fly.faa.gov](http://airtravel.about.com/gi/dynamic/offsite.htm?site=http://www.fly.faa.gov) to find out about weather conditions and airport delays. Additional consumer information is available at [www.faa.gov](http://airtravel.about.com/gi/dynamic/offsite.htm?site=http://www.faa.gov).



# FIRE SAFETY

Use the right extinguisher - <http://www.sosnet.com/safety/fire.safety/extinguisher.html>



## Some Types of Cut Greenery Will Stay Fresh, Safe Longer and information can be found at: <http://ugacescn.ces.uga.edu/news/newspages/getstory.cfm?id=44>



**FIREPLACES** (items near it, chimney clean, use of screen, over loading, gift wrap)

Even if you do not use your fireplaces very often during the holiday season is the perfect time to start the fireplace and enjoy it with friends and family. A few things you need to do are:

1. If you have not had your fireplace and chimney cleaned recently do so now! Avoid a fire in your home.
2. Check the area and make sure nothing will catch on fire if a spark escapes.
3. Don’t over fill the fireplace. Sometimes more isn’t better.
4. Check the flu and make sure it’s open.
5. Do not burn gift wrap or evergreens in the fireplace. Both of these burn very quickly and can throw sparks and burning debris into the house.
6. Watch children when they are in the room with a lit fireplace. They do not realize the potential dangers.

 [Chimney Safety Institute of America](http://www.csia.org/) During this holiday time when many people are using their fireplaces, informative topics include avoiding carbon monoxide hazards, avoiding chimney-related dangers, chimney fires, and FAQ on chimneys, how to select firewood, proper venting of gas-fueled appliances, how to find a certified chimney sweep, chimney liners, and much more is provided.

### MISCELLANEOUS SAFETY SUBJECTS

NO **BURNS** provides excellent information on burn prevention at, <http://www.noburns.com/noburns.html> a special section on Holiday safety includes, gift ideas, safe tree lighting,

The Georgia National Guard has an excellent **collection of Holiday safety information** at, <http://www2.state.ga.us/gadod/soho/links-holiday.htm>



**PERSONAL SAFETY**

Unfortunately, this time of year is also has the highest crime rates and theft is at the top of the list. So here are a few tips to help protect yourself and your loved ones. Stop, Look, Listen!: That is one of the biggest mistakes we all make everyday! Be aware of your surroundings.

Have Your Keys Ready: When leaving a store always make sure you know where you parked your vehicle and have those keys in your hand.

Don't Go Alone: When you intend on shopping at night, be sure you have a friend or relative come along. If you do find yourself alone when leaving a store, ask the security guard to walk you to your car. That is what they are there for!

Hold On To Your Money: Always carry your purses tucked tightly under your arms, ladies. And for you men out there...it can happen to you too! Put your money and only necessary cards in your front trouser pockets, it's too hard for a bad guy to get at it.



**PETS**

<http://genie.com/holiday/pet-warn.html> Pets need special attention and care over the holidays.

[Wintertime woes](http://www.canismajor.com/dog/winter1.html#Holiday) Voracious appetites, malicious mischief can mark winter days with pets

Who can resist a cute puppy or kitty? You know the kids will be thrilled, but please read this first: <http://www.petrescue.com/library/no-pups.htm>

More information can be found at:

* [Holiday Tips for Pets and Pet Owners](http://genie.com/holiday/pet-warn.html)
* [Pet Proofing Your Home for the Holidays](http://www.petco.com/pages/co_phs_pph.html)
* [Pets as Gifts?](http://www.petco.com/pages/co_phs_pag.html)
* [Helping Hefty Pets Avoid Holiday Pounds](http://www.petco.com/pages/co_phs.html)
* [Refrain from Sharing (Thanksgiving) Feast with Pet](http://www.cvm.uiuc.edu/CEPS/PetColumns/Thanks.htm)
* [Chocolates Not Good for Pets, from the Allpets Clinic](http://www.allpetsclinic.com/answers/chocolate.html)
* [The Holiday Aftermath, from Pet Action League](http://www.petrescue.com/notes/aftermth.htm)



**PLANTS** (poisonings)

Poinsettias, Mistletoe, Christmas Cactus, no matter what your preference for Holiday decorating be sure to know any potential hazards with the plants of your choice. This information can be found at: <http://www.santaland.com/dynamic.html?content=plant.html>

This does not mean that you can not use these plants only that you have to think about where to use them so that children and pets can not get to them. Also, if you have company over the holiday small children may come that you were not expecting.



**PLAY SAFE** (skating, sledding, skiing, snowboarding)

Montana Wintermt.com has safety information on ice skating that could just save you from a lot of pain. Check it out at: <http://wintermt.com/other/iceskating.htm#SAFETY>

And for the extreme sports buff in our audience I’m sure a few of you have tried blade running. More information can be found at: <http://wintermt.com/other/bladerunning.htm>

Every year, thousands of youths and adults are injured sledding down hills in city parks, streets and resort areas. <http://www.aaos.org/wordhtml/papers/position/sledding.htm> provides safety information to prevent you or those you love from adding to the statistics.

 WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission (CPSC) staff is recommending skiers and snowboarders wear helmets to help prevent head injuries from falls and collisions. In a [study released today (pdf format)](http://www.cpsc.gov/library/skihelm.pdf), the CPSC staff concluded that helmet use by skiers and snowboarders could prevent or reduce the severity of 44 percent of head injuries to adults, and 53 percent of head injuries to children under the age of 15. The proportion of skiing and snowboarding head injuries is higher in children than in any other age group.

The following article is Courtesy of the National Ski Area Association

 Being truly ready to ski no accident

LAKEWOOD, Colorado — October 2000—Heads up! Here we are gearing up for the ski and snowboard season. The anticipation and excitement for the sport—for the fresh mountain air, fluffy snow, and the sense of freedom one gets from gliding down the mountain—lasts all winter long.

There are many precautions slope enthusiasts can take to maximize their experience. Serious ski accidents or fatalities can and do happen in this sport. And, though unfortunate, many are avoidable. Ski areas nationwide are participating in the inaugural National Safety Awareness Week, January 13-19, 2001, to showcase slope safety. Make it your New Year’s resolution to be aware while on the slopes. Here are some tips for you to take in consideration while you’re recreating at your favorite ski area this winter.

Be aware of the snow conditions. When it has been 4 or 5 days since the last snowfall, the temperatures drop to sub-zero, the winds increase, and the snow solidifies and turns to hard-pack. As the conditions turn firm (hard-packed) the skiing gets hard and fast. It's easy to begin a run slowly, only to find you are out of control by your fourth or fifth turn. And once you're out of control, it can be difficult to avoid other people or obstacles.

In this day and age of multi passenger gondolas and high-speed chairlifts your time on the snow is maximized. You can increase your ski time on the slopes as compared to the days when you were limited to skiing fixed grip chairlifts. With high-speed chairs whisking you to the top of the mountain in a matter of minutes you can ski yourself right into exhaustion. You need to recognize when it’s time for a rest.

The key to successful skiing is control. To have it, you must be aware of your technique, the terrain you are skiing and the other skiers around you. A conscious state of awareness is mandatory. Get distracted, go too fast, lose your confidence, forget about where you are or what you're doing and you're a recipe for disaster.

Skiing requires a mental and physical presence. A mistake in judgment, control, speed, or your choice of terrain can have serious consequences. Skiing demands that your body and mind work together.

So you must be mentally engaged, which means you know where you are and what you are doing. It means you know what you need to do to turn, control your speed, slow down or stop. And you must be physically present, which means you have the confidence to execute this technique in terrain appropriate for your ability.

Control begins when you first put on your skis. Ideally you should start your ski day with two or three warm up runs, though they, too, often fall by the wayside. It's far too easy to head directly toward your favorite runs. It's an easy trap to fall into when you are with friends and the excitement and enthusiasm of being on the hill cloud your judgment. Common sense, caution, and even your sense of control can go out the window in favor of keeping up with your friends. You can find yourself going too fast or on a run that is beyond your ability.

Without the proper time to warm up, your body is thrown into duress as you try to make your skis come around on each turn. You spend the first hour beating yourself up until you get into the flow and rhythm of the hill. That is, if you ever find that rhythm at all.

The all-important warm up run or runs prepares you mentally and physically for the ski day that lies ahead. As with any sport or exercise, the warm-up is an essential component of good performance and setting the stage for a good day on the hill. Physically it gives your muscles a chance to engage your heart to beat faster, your blood to flow smoothly, and your breathing to synchronize with your turns. It also gives you an opportunity to make the connection between your feet, the skis, and the snow. You get a chance to feel your ski edges under your feet as they bite the snow on each turn.

Once you’ve committed to a warm up run, look for trails that were groomed from the previous night and on which you feel comfortable.

Once you’ve warmed up, you will find that not only is your technique sharper, but also your confidence level will grow as well. Then you will be prepared for the challenges you’ll find on the hill.

Snowboarding - Prevention of injuries is a combination of many elements. The rider should follow the skier’s safety guidelines. Protective equipment includes wrist guards and helmets. Most injuries occur to beginners. Beginners are encouraged to take lessons to learn proper snowboarding and fall techniques. Snowboarders are encouraged to strengthen the major muscle groups of the thighs, hamstrings and shoulders. Stretching before vigorous activity will warm the muscle and prepare them for the stress of the sport. Using good judgment and riding under control will help keep most participants safe. (from: 24 hours fitness at: <http://www.24hourfitness.com/html/fitness/articles/snowboarding/>)



**STRESS**

Steve Wm. Fowles provides information on eating strategies; controlling appetite; alcohol defense strategies; alkaline stress; the pH boomerang; addiction, depression, and chocolate; holiday depression; food choices and allergies at <http://www.ceri.com/holiday.htm>

Stress Management – For a little stress management take a minute to go to, <http://www.serena1.com/Tree/tree.shtml>

One way to help keep the stress down is to plan ahead. Prepare a 2 month calendar and mark holidays, DONSA/Training days. Now start personalizing your calendar by:

1. Marking down you duty days.
2. Marking down trips you plan.
3. Marking down parties you have agreed to attend.
4. Marking down time for cooking what you promised to bring to those parties.
5. Marking down time for writing Holiday cards (either printed cards or e-mail)
6. Marking down time to buy gifts.
7. Marking down time to buy a tree.
8. Marking down time to trim the tree.
9. Any doctor/dental appointments? Put them in.
10. Any other appointment?

Get the picture? You only have so much time, and you have to decide what you will do and what you will skip. Some times you just have to say no. When you take on more than you can handle you start to feel the stress and you don’t get to enjoy anything.

<http://www.ctclearinghouse.org/fstrlist.pdf> Check out this checklist and make some self-evaluations.



# TOY SAFETY

Selecting the right toy is always a problem. This is even more difficult when you are selecting toys for children who you see once or twice a year. Be sure and talk with the parent of the child. And remember that the information below is very general.

**The American Academy of Pediatrics**

***The Matching Game***

* Toys should be matched to a child's abilities. The manufacturer recommendations serve as a useful guide.
* A toy that is too advanced or too simple for a child may be misused, which can lead to injury.
* Think BIG when choosing toys. All toy parts should be larger than the child's mouth to prevent injuries, including choking.

***Purchasing Tips***

* Before buying a toy, read the instructions. If the toy is appropriate for the child, read the instructions to the child for proper use of the toy.
* To avoid risk of serious eye or ear injury, avoid toys that shoot small objects into the air, or make loud or shrill noises. Parents can hold the noise-making toy next to their ear to determine whether it will be too loud for a child's ears.
* Look for sturdy toy construction. The eyes, nose, and other small parts on soft toys and stuffed animals should be securely fastened on the toy. In addition, avoid toys with sharp edges.

***For the Older Crowd***

* Never buy hobby kits, such as chemistry sets for any child younger than 12 years old. Provide proper supervision for children 12 to 15 years of age.
* Tips of arrows or darts should be blunt, made of soft rubber or flexible plastic and securely fastened to the shaft.
* A child's pediatrician can help parent's decide which toys are safe for newborns, toddlers and teens.
* For a brochure on toy safety, which includes a list of age-appropriate toys for newborns to 14-year-olds, parents can send a self-addressed, stamped envelope to the American Academy of Pediatrics, Dept. C-toy safety, P.O. Box 927, Elk Grove Village, IL 60009-0927. Media can call the AAP Division of Public Relations at 847/981-7877.

***Age-appropriate Toys***

The following is a list of toys that the American Academy of Pediatrics recommends for specific age groups. Use these recommendations when shopping for toys. However, always remember that these are merely guidelines. Parents should continue to watch out for mislabeled toys and always provide proper supervision for younger children.

***Newborn to 1-Year-Old Baby***

* Choose "eye-catching" toys that appeal to your baby's sight, hearing, and touch.
	1. Large blocks of wood or plastic
	2. Pots and pans
	3. Rattles
	4. Soft, washable animals, dolls or balls
	5. Bright, movable objects that are out of baby's reach
	6. Busy boards
	7. Floating bath toys
	8. Squeeze toys

***1- to 2-Year-Old Toddler***

* Toys for this age group should be safe and be able to
withstand a toddler's curious nature.
	1. Cloth or plastic books with large pictures
	2. Sturdy dolls
	3. Kiddy cars
	4. Musical tops
	5. Nesting blocks
	6. Push and pull toys (remember - no long strings)
	7. Stacking toys
	8. Toy telephones

***2- to 5-Year-Old Preschooler***

* Toys for this age group are usually experimental and should imitate
the activity of parents and older children.
	1. Books (short stories or action stories)
	2. Blackboard and chalk
	3. Building blocks
	4. Crayons, nontoxic finger paints, clay
	5. Hammer and bench
	6. Housekeeping toys
	7. Outdoor toys: sandbox (with a lid), slide, swing, playhouse
	8. Transportation toys (tricycles, cars, wagons)
	9. Tape or record player
	10. Simple puzzles with large pieces
	11. Dress-up clothes
	12. Tea party utensils

***5- to 9-Year-Old Child***

* Toys for this age group should help your child promote skill
development and creativity.
	1. Blunt scissors, sewing sets
	2. Card games
	3. Doctor and nurse kits
	4. Hand puppets
	5. Balls
	6. Bicycles
	7. Crafts
	8. Electric trains
	9. Paper dolls
	10. Jump ropes
	11. Roller skates
	12. Sports equipment
	13. Table games

***10- to 14-Year-Old Child***

* Hobbies and scientific activities are ideal for this age group.
	1. Computer games
	2. Sewing, knitting, needlework
	3. Microscopes/telescopes
	4. Table and board games
	5. Sports equipment
	6. Hobby collections