



# HOLIDAY SEASON SAFETY TIPS



**T**he Holiday Season extends from Thanksgiving to New Years. Many will use this time to travel and visit family and friends. Getting to your destination and back to base safely must be everyone's primary goal. In addition to this being one of the busiest travel times of the year, winter weather conditions can further complicate travel. Planning is crucial to minimize delays and maximize time with family and friends. Generate a back-up plan to help mitigate stress. The following Safety Tips are offered to enhance your Holiday Season:

❖ **MOTOR VEHICLE SAFETY**: Have your vehicle and tires inspected early enough to correct deficiencies before traveling. Use Travel Risk Planning System "TRiPS" assessments to identify and reduce risks. Be mindful of reduced daylight hours during winter months - drive with headlights on for safety. Avoid driving during normal sleep hours, and over-eating prior to long drives. Ensure all occupants wear their seatbelts for duration of trip. Never drink and drive. Adhere to all speed control signs. Don't allow gas gauge to drop below one-quarter tank. Don't attempt to drive while impaired or distracted. Avoid driving in poor weather conditions or using cruise control during inclement weather. Expect traffic delays and frustrated drivers. Avoid situations which could escalate into road rage. Maintain a vehicle emergency kit complete with water, non-perishable food, blankets, flashlight, shovel, sand or kitty litter (for traction), warm clothes, and a cell phone charger.

❖ **HOME & HOLIDAY SAFETY**: If decorating with a live tree, keep water in the base at all times. Use a helper to hang lights and decorations. Ensure decorations don't interfere with exits. Test smoke alarms monthly & replace batteries annually. Never leave lit candles unattended. Keep a fire extinguisher readily available. Use only extension cords with approved safety labels. Unplug lights and decorations when sleeping or away. Know that unattended cooking is the leading cause of holiday season home fires. Stay vigilant to surroundings when using ATM's or gift shopping. Shop during daylight hours or with a friend and avoid carrying large sums of cash. Keep purchased gifts in trunk or well covered inside the vehicle. Keep window blinds closed, and stop papers and mail when on vacation. Entrust a reliable neighbor to check on residence. Ensure pets are well cared for. Avoid using social media sites to promote family travel plans.

❖ **RM, SAFETY & HEALTH**: Incorporate risk management into every evolution. Remain in control of your schedule and emotions. Set aside personal time for relaxation. Avoid over-exertion; be selective with your holiday commitments. Eat healthy and maintain an exercise routine. If drinking, do so responsibly. If hosting a party over the holidays, monitor guests alcohol intake. Don't allow anyone to drive away if they've been drinking. Budget appropriately by setting realistic gift spending limits. Self-evaluate stress levels and notify someone immediately if feeling overwhelmed or depressed. Know that help is only a phone call away. Continue to make smart decisions to *Protect What You've Earned!*

**Manage the Risk...Protect the Force**