



# HOLIDAY SEASON SAFETY TIPS



The holiday season is generally one of the busiest times of the year for many of us. Proper planning, thorough preparation, and early hazard identification are keys to reducing risk. The following highlights are provided to enhance your situational awareness and prevent injuries:

## BRIEFING POINTS

*MOTOR VEHICLE – HOLIDAY SAFETY – HOME SAFETY – PERSONAL SAFETY & HEALTH*

### HOLIDAY SEASON SAFETY TIPS

- **MOTOR VEHICLE**: If traveling by POV and long distance, get vehicle inspected. Use “TRIPS” assessments to identify and reduce risks, and alert leadership of travel plans. Be mindful of reduced daylight hours. Begin travel well-rested and take rest breaks often to deter fatigue. Share driving responsibilities. Mandate seatbelt use by all occupants. Never drink and drive. Avoid distractions while driving. Avoid driving in poor weather conditions whenever possible. Be aware of increased traffic and plan for delays. Travel with an emergency kit.
- **HOLIDAY SAFETY**: If decorating a live tree, ensure sufficient water maintained in base at all times. Use helper to assist in hanging outside lights or decorations, and do so during daylight. When working with ladders, use the 4:1 ratio. For every four feet of height, pull base of ladder one foot away from the object ladder is leaning on. Check extension cords for safety approval labels. Discard damaged cords or strings of lights. Unplug tree lights and decorations when sleeping or away. Shop with a friend, and avoid carrying large amounts of cash. Cover purchased holiday gifts if exposed inside the vehicle.
- **HOME SAFETY**: Ensure holiday decorations don't interfere with accessing exits. Test all smoke alarms monthly and replace batteries annually. Never leave lit candles burning unattended. Follow all safety precautions when using turkey fryers. Keep windows blinds closed when away from home. If traveling over holidays, stop paper and mail delivery. Use a trust-worthy neighbor to check on residence. Use external lights at night and alternate interior room lights. Avoid using social media to promote travel plans.
- **PERSONAL SAFETY & HEALTH**: Minimize personal stress over the holidays by having a realistic plan. Stay in control of your schedule and emotions. Set aside personal time for relaxation. Be selective with holiday commitments. Eat healthy and maintain an exercise routine. Set a realistic spending limit and stick to it. Self-evaluate stress levels and notify someone if feeling overwhelmed or depressed. Know that help is only a phone call away.