

HOLIDAY SAFETY TIPS

Stay safe and help the EMS providers in your community enjoy their holiday season by following these simple tips.

FIRE SAFETY

It's common for fires to occur during the holidays due to increased use of candles and fireplaces combined with the presence of combustible seasonal decorations. Be careful that you:

- Water your tree daily—dry trees are a serious fire hazard
- Never leave burning candles unattended, and keep them out of reach of children
- Don't burn candles near trees, curtains, or any other flammable items
- Don't burn trees, wreaths, or wrapping paper in the fireplace
- Never leave electric holiday decorations on while sleeping or away from home
- Stay in the kitchen when something is cooking—unattended cooking equipment is the leading cause of home cooking fires
- Make sure your smoke alarms are operating properly



FOOD SAFETY

If hosting a holiday celebration, take these precautions so you and your guests don't get sick:

- Do not rinse raw meat and poultry before cooking
- Use a food thermometer to make sure meat is well cooked
- Refrigerate food within two hours (leftovers are safe for four days in the refrigerator)
- Wash your hands frequently when handling food

GIFT SAFETY

When buying presents for your loved ones, remember to:

- Avoid choosing toys that might present a choking hazard for infants or small children
- Select gifts that are not heavy or awkward to handle for older adults
- Check which toys have been recalled*



ROAD SAFETY

Traveling for the holiday? So are many others! Drive safely, be respectful of fellow motorists, and:

- Ensure that everyone buckles up on every trip, no matter how short
- Don't let your cell phone distract you from the road
- Know how to be prepared for winter driving**
- Don't drink and drive or let others do so



Have a wonderful, safe holiday season!



TIPS COMPILED FROM THE FOLLOWING SOURCES:

American Red Cross. "Holiday Fire Safety Tips." <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire/holiday-fire-safety.html>
Electrical Safety Foundation International. "Wrapping Up the Holidays: Preventing Winter Fires." <https://www.esfi.org/resource/wrapping-up-the-holidays-preventing-winter-fires-631>
National Safety Council. "Enjoy a Safe Holiday Season." <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/winter/holiday>
Centers for Disease Control and Prevention. "Holiday Road Safety." <https://www.cdc.gov/features/holiday-road-safety/index.html>



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*<https://www.cpsc.gov/Recalls>
** <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/winter/driving>

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