



HOLIDAY SAFETY

Holiday Reminders/Refreshers

Prevent slips, trips, and falls!

The holiday season comes with potential hazards that can lead to slips, trips, and falls. Decorations, winter weather, and an increase in activities can create an environment where accidents are more likely to occur. Take proactive fall prevention measures by:

- Making sure walkways, driveways, sidewalks, and other high-traffic areas are clear obstacles (decorations, electrical cords, etc....).
- Ensuring indoor and outdoor spaces are well-lit.
- Being mindful when using a ladder for hanging outdoor lights or other decorations.
- Avoiding using furniture or other items as a step stool when holiday decorating.

Make fire prevention a priority!

Holiday decorations and cooking for small and large gatherings can increase the risk of fire-related injuries and property damage.

In fact, the holiday season from November through the new year are peak days for home cooking fires according to the National Fire Protection Association (NFPA). You can minimize fire hazards by:

- Taking extra precautions when cooking for the holidays, such as storing flammable items (e.g., oven mitts, kitchen towels, etc.) away from the stovetop.
- Ensuring smoke alarms are in working order and keeping a fire extinguisher nearby.
- Following safe practices when displaying and disposing of your decorations.
- Inspecting decorative lights for frayed wires, damaged sockets, loose connections, or broken bulbs before hanging them.
- Turning off holiday lights and blowing out candles before leaving the house or going to bed.

Winter months are the peak times for fire-related deaths, with cooking and heating being the leading causes of home fires and fire injuries. Faulty electrical equipment, clutter and lack of regular cleaning, improper use and disposal of smoking materials, misuse of equipment, improper storage of flammable materials, and heating equipment also all contribute to workplace and home fires.

Preventing fires is essential due to the major consequences of such a traumatic event. Emotional stress, danger to life and health, property damage, loss of morale, and financial loss are all unfortunate and significant ramifications of a fire.



Prevention is the first step to fighting against fire.

- It is everyone's job to help prevent fires! Keep up to date on fire safety and be aware of your office environment.
- When cooking, be alert and don't walk away while using kitchen equipment. Keep anything that can catch fire away from open flames or hot surfaces and review proper microwave use. Do not place aluminum foil, single use plastic, Styrofoam, or anything metal in the microwaves.
- If using a space heater, keep the heater 3 feet away from objects and do not elevate the heater. Plug the heater directly into the outlet and ensure it has auto shut off features. Never leave heaters unattended and turn them off before leaving the room.

About 3 out of 5 fire deaths happen in homes without a working smoke alarm. Ensure you are installing alarms and maintaining them monthly.

Check all cords and replace any that are frayed or broken. Do not daisy chain! Daisy chaining involves plugging an outlet strip into another outlet strip.

Preventing a fire is the first step, but reacting to a fire is the vital second step. Review your Emergency Action Plan to ensure you know how to respond to a fire event. Always know at least 2 routes of evacuation and know your assembly area. All employees must report to their assembly area to be accounted for.

Holiday Travel

Holiday driving not the norm!

Holiday travel means more drivers on the road. According to the National Highway Traffic Safety Administration, there were 395 fatalities and an estimated 22,325 injuries from car accidents when snow and sleet conditions (San Bernardino Mountains, Wrightwood, Mount Baldy, the Grapevine, Mammoth, etc...) were present in 2021. We tend to travel to areas we are not comfortable or unfamiliar with. Stay safe driving during winter months:

- Practicing heightened awareness and preparedness, including keeping cold weather gear and emergency supplies stocked in your car.
- Increasing your following distance and skipping cruise control when driving on a slippery surface.
- Staying with your car if you're stopped or stalled.
- Designating a sober driver or using a ride share service to avoid driving while impaired.
- Plan your trip – Give yourself plenty of time and schedule rest stops and activities for small children
- Leave an itinerary with a friend so that someone will know where you are
- Keep your cell phone charged
- Don't overload your vehicle or obstruct your view with luggage and/or packages



DRIVE SOBER:

Alcohol impairs all of the important skills needed to drive safely. Designate a driver or call a ride service.



SEAT BELTS SAVE LIVES:

All drivers and front seat passengers must be wearing seat belts. All passengers under 18 years old must wear a seat belt or otherwise be restrained by a child car seat. Buckle Up.



DON'T DRIVE DROWSY:

Rest well before starting your trip and make sure to take periodic breaks. If traveling with a group make sure to designate drivers in case you need to rest along the way.



KEEP YOUR BELONGINGS SAFE:

When you get out of your car, carry your purse and keep other valuables out of sight. Do not store valuables out in the open inside a parked car.

TRAVEL SAFE & ENJOY THE HOLIDAYS!

Well, friends we made it through the warm days, and the hot weather is behind us. No more concerning ourselves about drinking adequate amounts of water to stay hydrated for the next six months right?

WRONG! Keep in mind that in cold weather, the body's thirst response is diminished (by up to 40 percent even when dehydrated). This happens because our blood vessels constrict when we're cold to prevent blood from flowing freely to the extremities. (If you've ever had cold hands in winter, you know the feeling.) This enables the body to conserve heat by drawing more blood to its core.

But because of this, the body is fooled into thinking it's properly hydrated, e.g. you don't feel as thirsty, and your body doesn't conserve water. Thus, in cold weather, athletes are less likely to drink water voluntarily, and additionally, their kidneys aren't signaled by hormones to conserve water and urine production increases, a condition called cold-induced urine diuresis

So, diminished thirst response and increased urine production are two contributing factors. Yet, there are several others that can lead to winter dehydration, including:

- **Wearing extra clothing.** Heavy jackets, long underwear and other pieces of warm clothing help your body conserve heat. But the added weight is one factor that makes the body work between 10 and 40 percent harder. By working harder, the body produces more sweat, contributing to fluid loss.
- **Increased respiratory fluid loss.** In cold weather, we lose more fluids through respiratory water loss. For example, when you can see your own breath, that's actually water vapor that your body is losing. The colder the temperature and the more intense the exercise, the more vapor you lose when you breathe.
- **Sweat evaporates more quickly in cold air.** We often think we aren't sweating in cold, dry weather because it tends to evaporate so quickly. This is another factor that can contribute to a diminished thirst response.



True Story

In February 2010, an individual was rushed to the hospital due to dehydration. The temperature was in the low 50s! My physician explained to me that when it's cold, people often substitute water for warm beverages (e.g., coffee, tea, cocoa, etc.) and often forgo water. This can quickly escalate to dehydration. I have told this story to many to avoid the experience I had. Most people do not need to be reminded to consume water in triple-digit weather. So, even though it's cold, please remember to stay hydrated!

The holiday season should be a time for gratitude and togetherness. By prioritizing safety, you can ensure your holiday celebration remains memorable for all the right reasons.

That said, accidental injuries are bound to happen even with the best intentions. Be prepared to respond to burns, cuts, and other injuries by taking online refreshers.



CPR Compression-Only

<https://corlearning.sumtotal.host/Core/pillarRedirect?relyingParty=LM&url=core%2Factivitydetails%2FViewActivityDetails%3FActivityId%3D85370%26UserMode%3D0>

First Aid- Basic

<https://corlearning.sumtotal.host/Core/pillarRedirect?relyingParty=LM&url=core%2Factivitydetails%2FViewActivityDetails%3FActivityId%3D84882%26UserMode%3D0>

<https://corlearning.sumtotal.host/Core/pillarRedirect?relyingParty=LM&url=core%2Factivitydetails%2FViewActivityDetails%3FActivityId%3D84888%26UserMode%3D0>

AED

<https://corlearning.sumtotal.host/Core/pillarRedirect?relyingParty=LM&url=core%2Factivitydetails%2FViewActivityDetails%3FActivityId%3D84890%26UserMode%3D0>

Heat Illness Awareness

<https://corlearning.sumtotal.host/Core/pillarRedirect?relyingParty=LM&url=core%2Factivitydetails%2FViewActivityDetails%3FActivityId%3D85290%26UserMode%3D0>