

# SAFETY MEMO

December 20<sup>th</sup>, 2021 – Holiday Safety Tips

Did you know?

To ensure everyone celebrates the holiday season in a safe and fun manner, here are some safety tips to follow.

## Decorating Tips

Slips, trips, and falls are the number one incident during the holiday season.

- Ensure ladders are placed on a flat surface free from ice and snow.
- Do not stand on the top two rungs of the ladder.
- Ask for assistance and have someone steady the ladder from the bottom when another person is climbing.
- Check lightbulbs before you put the decorations up. Replace defective or burnt-out bulbs prior to getting on a ladder.
- Check the light string and extension cords for any frayed ends or exposed wires. Discard damaged items.
- Use Ground Fault Circuit Interrupters outlets, where possible, when plugging in outdoor decorations.
- Never run electrical cords or extension cords through doorways, as it presents a tripping hazard.

## Christmas Tree Tips

Dry real Christmas trees pose a fire hazard and can ignite spontaneously without a source of ignition.

- When buying a real tree, make sure it is fresh.
- Make sure you water your real tree daily.
- Do not place the tree in high traffic areas or in doorways.
- Dispose of the tree as soon as the holidays are over. Dispose of it according to local regulations.
- Look for “Fire Resistant” labels when buying an artificial tree.
- Do not use candles on or near trees.
- Blow out candles when you leave the room.



## Cooking Tips

For many people, food is an important part of holiday celebrations. To reduce foodborne illnesses, follow these tips:

- Wash your hands and any contact surfaces, like table tops and countertops before cooking,
- Always wash fresh fruit and vegetables,
- Keep raw food separate from cooked food,
- Wash cutting boards with soap and water before reusing,
- Following these temperatures to ensure meat is thoroughly cooked (use a meat thermometer to check the internal temperature of the meat):
  - 82 °C (180 °F) for whole poultry,
  - 74 °C (165 °F) for stuffing, casseroles, leftovers, egg dishes,
  - 71 °C (160 °F) for pork chops, ribs and roasts, ground beef, ground pork,
  - 63 °C (145 °F) for all whole beef and veal cuts.
- Refrigerate leftovers promptly and avoid overstocking the refrigerator so air can circulate effectively.

## Toys and Gift Tips

According to the Consumer Product Safety Commission, in 2020 there were nearly 150,000 toy-related injuries, and nine deaths among children ages 14 and younger.

- Supervise young children when they play with their Christmas gifts.
- Ensure only large toys are available for children under three years of age.
- Put toys away after children are done playing to prevent trips and falls.

## References

- Consumer Product Safety Commission. Holiday safety (no date).
- Government of Canada. Tips for holiday safety (Nov 11, 2020).
- Government of Canada. Holiday food safety (Dec 8, 2017).
- Government of Canada. Small parts in toys (Dec 1, 2014).