

TOOLBOX TALK



DISCUSSION TOPIC: **Holiday Safety**

Holidays can be busy and joyous times, but holiday decorations and new toys can bring risks along with festive cheer. Stay safe by knowing how to manage the health or safety hazards of holiday items you bring into your home. To ensure that you and your family have a happy and safe season, we have put together a collection of holiday safety tips.

Preparing your home for a Safe Christmas

- Keep your driveway and walkways clear: When it snows, clear your driveway and walkways of snow and ice
- Holiday plants and pets do not mix: Make sure you keep your pets away from poinsettias, holly, mistletoe and real Christmas trees as they can be toxic
- Keep your tree watered or choose an artificial tree that is labelled fire resistant
- Safe food handling and preparation: It can be easy to forget or overlook important food handling guidelines in the rush to prepare food. Do not skip food prep steps and raw meat practices
- Turn off all holiday lights before you go to bed or leave your home
- Check the light strings and extension cords you use, discarding any that are frayed or have exposed wires, loose connections or broken light sockets and don't overload circuits
- Toy Safety: dispose packaging, have an adult properly install batteries and ensure to supervise children at play
- Buying gifts, making food, traveling, and managing other holiday responsibilities can also strain people's emotional and financial reserves. Disruptions to your diet, exercise habits, and sleep schedule can affect your physical and mental health, too. Even seasonal reductions in sunlight can take a toll. **Take care of yourself!**

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