

Winter Holiday Safety



The Holiday Paradox

**Time spent with
people you love**



**Time spent with
people you don't
like so much**

The Holidays



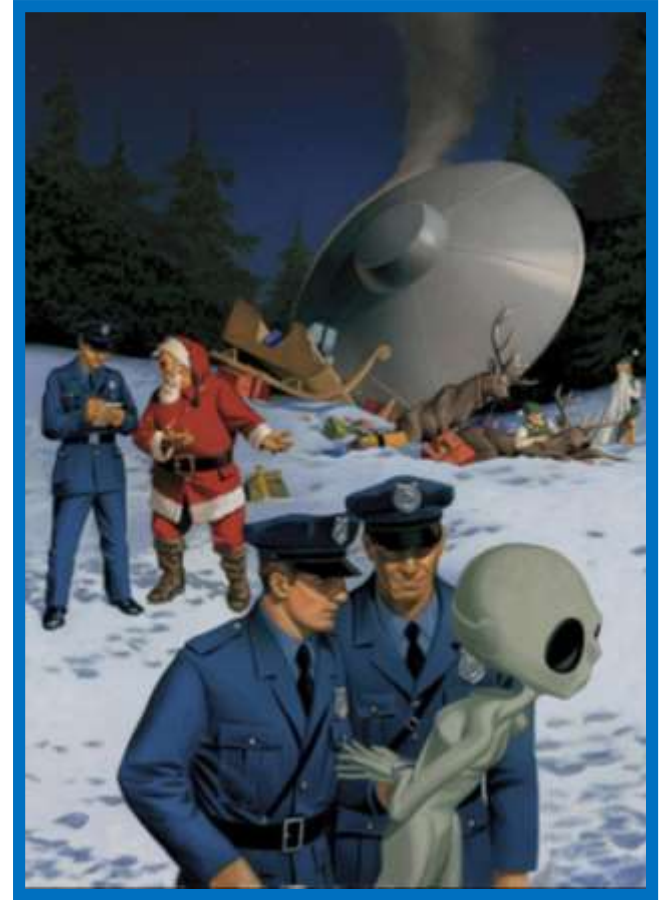
The Holiday Season

- Time to celebrate family, friends and give thanks for good fortunes.
 - make a shopping list
- Also when accidents occur
 - make a safety list



Holiday Safety List

- Decorations
- Fire Safety
- Cooking and Food
- Alcohol (For those >21)
- Driving
- Shopping
- Slips, Trips, and Falls
- Holiday Stress
- Manage Risk



Even Santa has freak accidents!

The Tree

- Fresh tree
- Sturdy stand
- Fill stand with water
- Keep away from heat sources
- Flame retardant artificial tree
- Recycle tree- Never burn it



Lights

- Factory label assures safety tested
- Inspect to make sure there is no damage
- Bulbs – no contact with needles or ornaments
- Don't string more than 200 midget or 50 larger bulbs through one string
- Less than 3 light sets on the same extension cord
- Keep cords and plugs away from tree water



Outside

- Use lights and extension cords made for outside use.
- Do not overload outlets
- Turn off lights before going to sleep
- Practice good ladder safety
 - stable
 - proper weight limit
 - grooved non-slip rungs
 - don't step on top rung
 - brace ladder feet
 - don't use in snow and ice
 - 3 points of contact at all times



Cords and Outlets

- Keep cords out of walkways to prevent tripping
- Don't run cords under carpets or rugs
- Don't pinch cords when placing behind furniture
- Don't overload outlets



Ornaments

- Some ornaments are dangerous for small children
- Fragile glass, looks like candy, older ornaments with lead based paint
- Tinsel- choking hazard



Candles

- Place in holders that will not tip
- Candles in a window- clear of curtains or drapes
- Extinguish all candles before leaving or going to bed
- NEVER place lit candles on your tree



Fire Place

- Don't burn wrapping materials - toxic fumes or flash fire
- Use kindling and matches to light fires - not flammable liquids
- Don't wear loose clothes when tending fires
- Keep flammable decorations away from fireplace
- Don't close the chimney flue until the fire is COMPLETELY out
- Don't leave house or go to bed until fire is out



Fire Safety

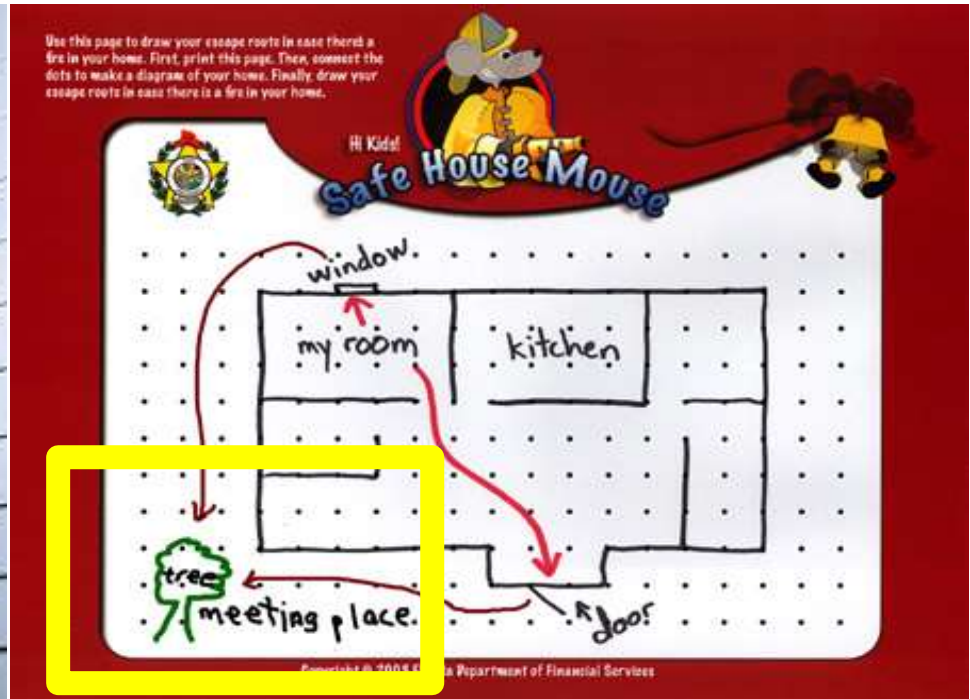
- Smoke detectors installed on each floor, outside bedrooms, in attic
- Don't place detectors in kitchens where false alarms are common
- Test smoke detectors monthly
- Replace batteries annually



Fire Safety

- Make a fire escape plan for your family.
- Find two exits out of every room.
- Pick a meeting place outside.
- Practice makes perfect – hold a family fire drill 2 x year.

<http://www.myfloridacfo.com/sfm/safehouse/escapeplan.pdf>



Fire Safety

- Buy fire extinguisher and inspect monthly
- Learn how to use it
- Type B and C extinguishers with non-corrosive chemicals are your best bet

Pull the pin

Aim low

Squeeze the trigger

Sweep side-to-side



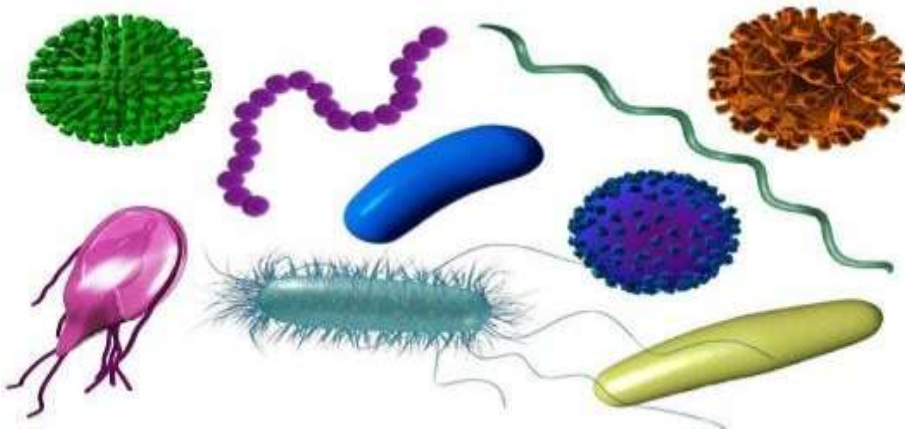
Cooking and Food

- Stay in the kitchen while cooking
- Burnable items 3 feet from range top (dishtowels, bags, paper)
- Most number of cooking fires on Thanksgiving Day
- Turkey fryers - #1 cause
- Place fryers in open area away from walls, fences or other structures.



Cooking and Food

- CLEAN- food, utensils, surfaces, hands
- SEPARATE- keep hot foods hot and cold foods cold- don't cross contaminate
- COOK- proper temperatures
- REFRIGERATE- leftovers A.S.A.P.



Cooking and Food

- Defrost turkey in refrigerator
 - NEVER at room temperature
- Stuff turkey just before cooking
 - prevent stuffing spoiling
- Use meat thermometer
- Thermometer placement
 - inner thigh/wing and thickest part of breast
- FDA suggests minimum 165°F



Football Parties and Alcohol (>21)

- Party host suggestions (Governor's Highway Safety Association)
 - have plenty of food available and non-alcoholic drink options
 - stop serving alcohol at the end of the third-quarter
 - take keys away from anyone who appears impaired and offer them a place to sleep
 - good party hosts will drink lightly or not at all (ensure things don't get out of hand and no one drives intoxicated)



Football Parties and Alcohol (>21)

- Drinking at a bar or restaurant suggestions...
 - decide on a designated driver before you start drinking
 - show your appreciation for the DD by picking up the tab for their food and sodas and paying for their gas
 - Program numbers to local cab companies or your local communities safe ride program into your cell phone – just in case



Football Parties and Alcohol (>21)

- Other suggestions...

- No matter where you watch the game, don't drink too much alcohol too fast

- Even if you don't drive, too much alcohol increases the risk of a mishap.

Eat plenty of food and alternate alcohol with non-alcoholic drinks

- Never let a "battle-buddy" leave your sight if you think they are about to drive impaired. Make a courageous decision and do the right thing.

- When driving home buckle up, drive defensively because other drivers may be impaired



Football Parties and Alcohol (>21)

- Know your limit- 3 factors
 - your body weight
 - amount of time
 - how much you drink
- Example- 180lb person
 - drink 1st beer (.03 BAL)
 - drink 2nd beer 10 min later (.05 BAL)
 - drink 3rd beer 10 min later ()

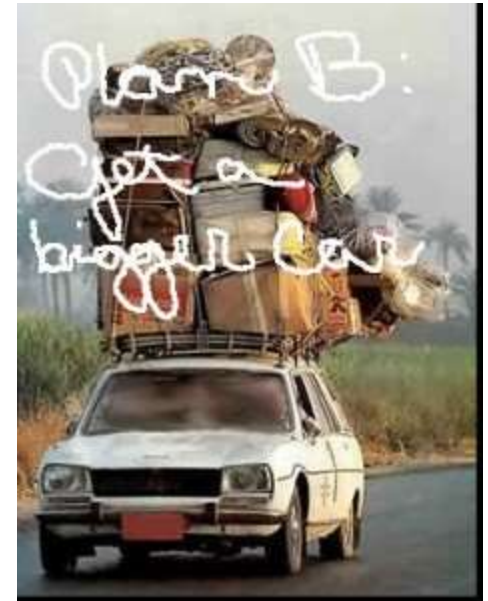
Blood Alcohol Level (BAL)									
Male Female	Approximate blood alcohol percentage (by vol.) ^[3] One drink has 0.5 US fl oz (15 ml) alcohol by volume								
Drinks	Body weight								
	40 kg	45 kg	55 kg	64 kg	73 kg	82 kg	91 kg	100 kg	109 kg
	90 lb	100 lb	120 lb	140 lb	160 lb	180 lb	200 lb	220 lb	240 lb
1	– 0.05	0.04 0.05	0.03 0.04	0.03 0.03	0.02 0.03	0.02 0.03	0.02 0.02	0.02 0.02	0.02 0.02
2	– 0.10	0.08 0.09	0.06 0.08	0.05 0.07	0.05 0.06	0.04 0.05	0.04 0.05	0.03 0.04	0.03 0.04
3	– 0.15	0.11 0.14	0.09 0.11	0.08 0.10	0.07 0.09	0.06 0.08	0.06 0.07	0.05 0.06	0.05 0.06
4	– 0.20	0.15 0.18	0.12 0.15	0.11 0.13	0.09 0.11	0.08 0.10	0.08 0.09	0.07 0.08	0.06 0.08
5	– 0.25	0.19 0.23	0.16 0.19	0.13 0.16	0.12 0.14	0.11 0.13	0.09 0.11	0.09 0.10	0.08 0.09

Subtract approximately 0.01 every 40 minutes after drinking.

One drink = 1 beer, 1 shot, 1 glass of wine

Traveling

- Schedule frequent rest stops
- Leave itinerary with friend
- Don't overload vehicle or obstruct view with packages
- Avoid large meal before leaving
- Travel during the day
- Winterize your car
- Emergency bag (jumper cables, food, water, clothing, tire jack, first-aid kit, flashlight, flares, etc.)



Traveling

- Don't text and drive – illegal in California
- Don't use cell phone to call while driving (distracted driving as dangerous as texting)
- Charge cell phone for emergency use
- Bring map- backup to GPS



Slips and Falls

- Appropriate footwear (rubber/composite soles)
- Allow extra time to get there
- Walking on slippery surface- bend slightly forward, shorten stride, shuffle feet for better stability
- Keep your arms free- use them to support your fall



Shopping

- Carrying large packages- block vision, become target
- Ask store for an escort to car
- Shop during daylight
- Park in well lit area
- Don't shop alone
- Wallet in front pocket
Purse close to body or under coat
- Keys in hand before you go to car- use as weapon



Stress

- Mayo Clinic- 3 causes of Holiday Stress
 - Relationships (heightened tensions, without loved one)
 - Finances (added expenses, financial worries)
 - Physical demands (shopping, cooking, socializing, sleep)
- Mayo Clinic- Suggestions
 - Acknowledge your feelings
 - Reach out
 - Be realistic
 - Set aside differences
 - Stick to a budget
 - Plan ahead
 - Learn to say no
 - Don't abandon healthy habits
 - Take a breather
 - Seek professional help if needed

Holiday Stress

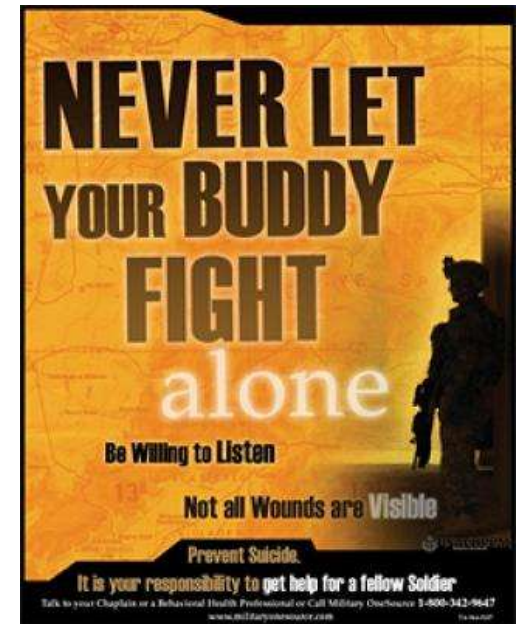
- Observe family members, friends, and cadets for signs of too much stress (**ACE**)

Ask- are you thinking of killing yourself?

Care and **C**ontrol- listen and remove any means that could be used for self injury

Escort- to chain of command, chaplain, or behavioral health professional

- Suicide Hotline 800-273-TALK



Manage Risk- **STOPP**

Stop before you act, don't rush into a situation without considering the risks vs. benefits.

Think about what you are about to do, what is right way to safely accomplish task.

Observe the situation and environment.
How can I reduce risk?

Plan. Reduce risks and implement plan.

Proceed safely, supervise, improve



