

Holiday Safety

These safety devices can help to prevent serious injuries and falls. With all of the hustle and bustle of December, make sure you're prepared for accidents and injuries that may occur. Check your home first aid kit and make sure it has everything you may need for cuts, burns, and other emergencies. When SHOPPING:

- Keep all car doors locked and windows closed while in or out of car.
- If you must shop at night, park in a well-lighted area.
- Avoid parking next to vans, trucks with camper shells, or cars with tinted windows.

FATIGUE: Due to last minute rushing, taking into account common pre-holiday activities and preparations which include weeks of additional holiday stress. The recurring problem of sleep loss, exhaustion and frustration has the potentially huge impact on whether or not someone is injured. Improper rest is more likely to cause one to miss a safety routine at work and/or at home.

FALLS:

- Wear appropriate footwear.
- Focus on the area in which you're walking.
- Test your footing before taking a step.
- Avoid uneven surfaces.
- At home, try to avoid the use of rugs.
- Quickly clean any spills on the floor.

FOOD POISONING PREVENTION: Food poisoning is especially serious and potentially life-threatening for older adults, and people with weakened immune systems.

- Wash your hands, utensils and food surfaces often.
- Keep raw foods separate from ready to eat foods.
- Cook foods to a safe temperature.
- Refrigerate or freeze perishable foods promptly.
- Defrost food safely.
- When in doubt, throw it out.

ELECTRICAL ACCIDENTS: Common Electrical Safety Hazards during the Holiday Season

- Overloaded Electrical Circuits
- Damaged Extension Cords
- Overused Holiday Light

AUTO ACCIDENTS: December has been designated National Impaired Driving Prevention Month since 1981. Texas has led the nation in fatal car accidents and wrong-way crashes. So, staying safe during Christmas and New Year's travel is more important than ever. You may not realize it, but anything you do in a car that takes your hands off the wheel or eyes off the road is distracted driving. A few examples include:

- Drinking, eating, smoking
- Looking for or reaching for something inside the car
- Adjusting your radio, GPS or temperature controls
- Interacting with pets or people inside the car

For additional reading:

Safetystage.com/safety-topics/December-safety-topics/

www.safewise.com/blob/December-home-maintenance

DriveTexas.org