

## **December Safety Tips for a Safer Holiday Season**

As we enter the holiday season and get into the Christmas mood, it is crucial to think about how you might be affected during this time. There are often additional responsibilities and lots of tasks and things to think or worry about. When it comes to all the holiday festivities, there may be seasonal safety concerns and strains on the family members. There may be weather changes that can impact driving habits and movement outside of the house.

Here are some of the biggest safety concerns during the holiday season:

While driving, be aware of those who may have overindulged in alcohol.

Winter illnesses such as the flu and colds can wear down your immune system and lead to fatigue.

The holiday season can be stressful. You need to be aware of distress caused by worrying about finances or feeling lonely. You need to avoid overeating or excessive drinking. You need to talk to family members and friends.

It can be easy to get distracted and have an accident. Be attentive while driving, preparing food and cooking.

December brings colder weather and driving conditions may change quickly. Be sure that your vehicle is winter ready. Keep an emergency kit in your vehicle that includes a blanket, gloves, hat, water, snacks, emergency flares, jumper cables, flashlight, batteries, ice scraper, shovel, and a charged cell phone.

Shoveling snow can be an accident preventer, but it may also lead to dehydration, injury, or heart attack. Push the snow rather than lifting it.

Wear proper footwear when walking on wet or icy surfaces.

Be careful putting the angel on top of the tree. Be careful using a ladder and avoid one if possible.

While safety is important at all times of the year, be extremely cautious and consider the additional hazards that arrive with the holiday season.

References: OSHA, Holiday Safety, National Weather Service.