



Safety

During the Holidays

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Overview

We all go a little nuts around the holidays, but don't be careless!



Take time to learn how this lesson can protect our members, their homes, and CAP facilities.



Did you know...?

1. Emergency Rooms treat thousands of patients around the holidays, more than half are due to falls while decorating.
2. The National Safety Council (NSC) estimates that 340 people may die on U.S. roads this Christmas Day holiday period.
3. What is the #1 cause of vehicle accidents?

Distracted driving is the most common cause of road accidents in the United States, resulting in more crashes every year than speeding, drunk driving, and other major accident causes. Distracted driving is not only the leading cause of car accidents, but it is also true for trucks.



8 Ways to Know You Over Did It

1. Your pets are enjoying the decorations more than you are.
 - Keep pets and children at least 3 feet away from burning candles and electrical cords to prevent burns and electrical fires.
2. The pile of pine needles under the tree are getting comments.
 - A dry tree is a fire danger, a huge pile of kindling. Choose a tree with fresh, green needles that do not fall off when touched.
3. You spend too much time untangling lights.
 - Check the manufacturing instructions to find out how many lights can be connected to prevent electric shock and fire. Purchase only those approved by nationally recognized testing labs like UL, Intertek or CSA.
4. You put flammable materials near a fire.
 - Keep anything that can burn (e.g., stockings, mantle décor, wrapping paper) away from a heat source. Flameless candles are a great alternative to real ones when decorating.



8 Ways to Know You Over Did It, cont'd

5. You're proud that your house is a holiday tourist attraction.
 - An overloaded electrical outlet is a major fire hazard. Plug strings of lights directly into the wall and keep the number to a minimum..

6. Some of the tree's lightbulbs are taking time off for the holidays.
 - Replace any string of lights that has worn or broken cords or loose bulb connections. These can easily start a fire.

7. You're keeping yourself hydrated, but not your live tree.
 - Always keep water in the live tree stand. Check daily and add water as needed. Dried-out trees are a major fire hazard.

8. You put holiday lights on your outfit or in your hair.
 - Some lights are only for indoor or outdoor use, but not both. And most certainly, not for your head.

Christmas tree safety – check out [this link](#) for vital tips



Driving Tips

- Avoid driving alone or at night.
- Keep all car doors locked and windows closed while in or out of your car. Set your alarm or use an anti-theft device.
- 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.
- Be sure to locate your keys prior to going to your car.
- Keep a secure hold on your purse, handbag and parcels. Do not put them down or on top of the car in order to open the door.
- When approaching or leaving your vehicle, be aware of your surroundings.
- Do not approach your car alone if there are suspicious people in the area.



TRAVELING



Avoid aggressive and angry driving.



Adjust following distance and speed in snowy or icy conditions.



Designate a sober driver or arrange for a cab ahead of time if you plan to drink at holiday gatherings.



At Home Tips

- Be extra cautious about locking doors and windows when you leave the house.
- When leaving home for an extended time, have a neighbor or family member watch your house and pick up your newspapers and mail.
- Indoor and outdoor lights should be on an automatic timer.
- Leave a radio or television on so the house looks and sounds occupied.
- Holiday gifts should not be visible through your home's windows and doors.
- Never burn wrapping paper in your fireplace.
- Place the tree or other holiday display in a clear passageway and away from traffic.
- Never use furniture as a ladder! Inspect your ladder first for safety.
- When decorating outside, use wooden or fiberglass ladders. Metal ladders can conduct electricity.
- Ladders should extend at least three feet past the edge of the roof.



At Home Tips, cont'd

- If you buy an artificial tree, be sure to look for the “Fire Resistant” label. The label doesn’t guarantee the tree won’t catch on fire, but it does indicate the tree is more resistant to catching on fire
- Keep the tree away from heat sources such as fireplaces, vents and radiators.
- Only burn candles where you can keep an eye on them.
- When you go to bed, leave the room or leave the house, extinguish all candles.
- Ensure candles are placed on heat resistant, stable surfaces and where kids and pets can’t reach them or knock them over.
- Candles should always be placed far away from items that could catch fire and burn easily, such as trees, decorations, curtains and furniture.
- Be sure your Christmas tree is mounted on a sturdy base so children, elderly persons or family pets cannot pull it over on themselves.



Remember October's Lesson?



Know how to use a fire extinguisher before ever having to use one.

A helpful acronym is **P.A.S.S.** – Pull the pin, Aim the nozzle at the base of the fire, Squeeze the trigger and Swipe from side to side to cover all areas the fire may have spread to.





Strangers at your door?

- Be aware that criminals sometimes pose as couriers delivering gifts.
- It is not uncommon for criminals to take advantage of the generosity of people during the holiday season by soliciting donations door-to-door for charitable causes although no charity is involved.
- Ask for identification, then find out how the donated funds will be used. If you are not satisfied, do not donate.
- Donate to a recognized charitable organization.



Hosting a Party

- Have non-alcoholic beverages available for party guests.
- Find alternative transportation for intoxicated guests.
- Arrange for an official designated driver for your party who will not drink at all.

Help prevent foodborne illness:



Wash hands frequently.



Keep **prepared foods** away from **raw meat, poultry, seafood and eggs.**



Cook food thoroughly, using a food thermometer to determine doneness.



140°F

Internal **food temperature** should be **145°F or above.**³



Refrigerate food within two hours at 40°F or below.⁴



Ditch leftovers **after 4 days.**⁴



Attending a Party

- Have something to eat before consuming alcoholic beverages.
- Eat high-protein foods that will stay in your stomach longer and slow the absorption of alcohol into your system.
- Remember only time will eliminate the alcohol from your body.
- Know your safe limit.
- Never drink and drive.



Credits

With special thanks to the many organizations that provide your safety team continual guidance and education throughout the year.

To name a few:

- National Fire Protection Association
- State Farm Insurance
- Los Angeles Police and Fire Department
- National Safety Council

And:

1 <https://www.cpsc.gov/Newsroom/News-Releases/2022/Making-a-List-Checking-it-Twice-Tips-for-Celebrating-Safely-this-Holiday-Season>

2 <https://www.cpsc.gov/Newsroom/News-Releases/2021/Tis-the-Season-to-Be-Safe-Top-Tips-for-Your-Family-During-COVID-19>

3 <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>

4 <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>