



Rutgers Environmental Health and Safety



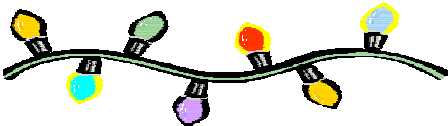
Holiday Safety

The following are simple suggestions to ensure you have an enjoyable and safe holiday season:

Tree Safety

- Fresh trees should not lose excessive needles when touched or shaken. Test the tree by gently pulling on the branches or tamping the tree on the ground.
- Do not place the tree near radiators, fireplaces or other heat sources.
- Ensure the tree stand is always filled with water.
- Use or purchase fire resistant artificial trees.

Lights and Electrical Safety



- Holiday lights, extension cords and other electric decorations should be in good condition and not overloaded.
- Outdoor lights and extension cords should be approved for outdoor use and plugged into a GFCI outlet.
- Unplug holiday lights and other decorations when you are out of the room or sleeping.

Home Safety

- Ensure batteries in smoke detectors are fresh.
- Install carbon dioxide detectors in your home.
- Do not leave your car/truck running in the garage.
- Ensure the flue in your chimney is clear before using.
- Do not shut off your heating system while on vacation to avoid freezing pipes.
- Be careful on walkways and steps, because melting snow during the day may freeze at night and be less visible.

- During bad weather dress appropriately, drink plenty of fluids and rest during outdoor activities.
- Several holiday plants can be hazardous to children and pets including mistletoe, holly berries, and Jerusalem cherry.

Shoveling Safety

- Seek medical advice before shoveling snow if you have a history of heart trouble. If your chest feels tight, stop immediately and seek medical assistance.
- Push snow when possible rather than lifting the snow.
- Dress in layers, wear a hat and gloves, and wear appropriate shoes or boots.
- Pace yourself, drink plenty of fluids (non-alcoholic and caffeine free) and use proper lifting techniques.



Driving Safety

- Maintain your vehicle in good mechanical condition, ensure your tires are properly inflated and maintain your gas tank at least half full.
- Do not drink and drive. Designate a sober driver before you go out.
- Buckle your seatbelts and avoid using cell phones while driving.
- During inclement weather, drive slowly, add more time to your commute and stay home if you don't have to drive.

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Fire Safety

- Avoid leaving lit candles and fireplaces unattended.
- Use only flame-retardant/resistant decorations.

Food Safety

- Fully cook all meats. Use a thermometer to ensure proper temperature.
- Thoroughly wash all vegetables.
- Use good hygiene practices. Wash hands before and after handling food. Ensure that all utensils and surfaces are properly cleaned.
- Do not leave food (that needs to be refrigerated) out for more than 2 hours.



Toy Safety

- Select age appropriate toys.
- Be careful of small parts especially for children under the age of 3.
- Carefully read all instructions.
- Be careful of toys with pull strings. They can be a strangulation hazard.

**Have a wonderful,
joyous and safe
holiday season.**

For additional information, please visit:

The American Academy of Pediatrics

and/or

The National Safety Council