Enjoy a Safe Holiday Season Meeting Kit

AVOID WORKPLACE INJURIES IN THE HOLIDAY SEASON

There’s nothing like creating a positive and festive workspace around the holidays. This can be a fun task for office bonding and raise morale in the office. That means there are some increased risks to look out for.

Slips, Trips, and Falls: More than 240,000 slips, trips and falls were reported in 2018. Employees must stand on steady objects (like a step ladder) and not a chair on wheels when hanging up decorations.

Fire Breakouts: Twinkling lights hanging around the office always adds a nice flare of holiday spirit, but it is important to be aware where the lights are plugged in. Power strips and extension cords can only handle so much electricity at once. Make sure that outlets aren’t overloaded and that everything is unplugged at the end of the day to prevent any fires or incidents overnight.

Food Safety: It is important to make sure common food allergens are being reported. Milk, egg, peanuts, tree nuts, and wheat are the most common food allergies, and many of these ingredients are used for baking cookies, brownies and other delicious goodies.

Winter Hazards: In areas where snow is almost a guarantee around the holiday season, it is important to be mindful of the extra time it may take to get to and from work. Slippery road conditions can lead to delays and added traffic. It’s also good to remember a snow scraper for when it snows during the day. Tune in to local radio stations and see what the road conditions are like before you head out – it might be safer to work from home.

Drunk Driving: It is key to make sure employees are being safe

when they leave, especially after a couple of drinks. No one wants a coworker to be in an accident when leaving a party. Companies might have pre-paid taxis or other free services for a safe ride home. Make sure the codes are visible to employees. If you see a coworker who probably shouldn't drive, encourage them to take advantage of a free and safe ride home.

Increased Traffic: With the increased travel during the holiday seasons, traffic is inevitable. The best way to handle it is to make sure you leave enough time to get to work and aren't rushing.

WAYS TO HAVE A HEALTHY HOLIDAY SEASON

Wash hands often to help prevent the spread of germs. It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.

Bundle up to stay dry and warm. Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.

Manage stress. Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.

Don't drink and drive or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.

Be smoke-free. Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.

Fasten seat belts while driving or riding in a motor vehicle. Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age.

Get exams and screenings. Ask your health care provider what exams you need and when to get them.

Get your vaccinations. Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.

Monitor children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.

Practice fire safety. Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.

Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.

Eat healthy, stay active. Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

FINAL WORD

The holiday season is a time for joy, reflection and happy times for friends and family. Do not destroy the holiday season through reckless behavior like drunk driving that will negatively impact life, limb and property.