

## Tips For a Safe Christmas Holiday

With the hustle and bustle of the upcoming Christmas holiday, it can be easy to forget about our safety and well being. In order to have a worry-free holiday, it is important to understand what risks you may face and act to prevent them.

### Safety Tips

- If you have a real tree, make sure the tree stand is always filled with water to prevent the tree from drying out and increasing the risk for fire. If you have an artificial tree, make sure it is made from fire-retardant material. Also, make sure the tree stand is flat on the ground and decorate the tree to equally distribute weight.
- Keep decorations out of the reach of small children. Any object small enough to fit through a toilet paper tube can obstruct the airway of a child.
- Keep mistletoe, holly berries, and poinsettias out of the reach of children and pets as they are toxic when ingested.
- Use power strips with built-in circuit breakers and avoid putting too many plugs into one electrical outlet. Keep cords out of walkways and insert outlet covers into any unused outlets.
- Purchase lights with the UL listed mark which certifies that the product has been tested to meet safety requirements.



- Make sure your children's toys are age appropriate and the batteries cannot be easily removed. Batteries shaped like disks or buttons can pose a choking risk to young children.
- Never connect more than one extension cord together; instead, use a single cord that is long enough to reach the outlet without stretching.
- When hanging outdoor lights, keep electrical connectors off the ground and away from metal rain gutters. Use insulated tape or plastic clips instead of metal nails or tacks to hold the lights in place.



- Avoid placing gifts under the tree that contains glass, perfume/cologne, or sharp materials.
- Keep alcohol out of reach of children and quickly clean up leftover drinks.
- Supervise children when sledding, skiing, snowboarding, ice skating and other outdoor activities.
- Practice fire safety and don't leave fireplaces, space heaters, or candles unattended. Additionally, have a fire emergency plan and practice it regularly.
- Do not use a gas fireplace if the glass panel is removed, cracked, or broken and only allow a qualified service technician to replace fireplace parts.

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/12-tips-for-keeping-children-safe-during-the-holidays>

<https://www.parents.com/holiday/christmas/safety/12-tips-for-holiday-home-safety/>

<https://images.search.yahoo.com/search/images;>

