



# Have a Merry and SAFE Holiday Season!

We all look forward to the gifts, good food, and family gatherings associated with the holidays. However, there are many potential pitfalls that can impact all of us. Some exposures are work-related, but there are many that can affect our personal and family lives as well. None of us want to experience a holiday season saddened by injury, crime, or property damage mishaps. Some activities that should involve pre-planning include working from heights, hosting festivals, and lifting heavy or awkward objects. The following tips apply to work or home and can keep you, your fellow employees, and even your family, merry and safe:



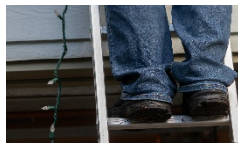
## Elevated Work Locations:

- Plan, train, and communicate about high-risk activities and associated hazards.
- Review [safe operations near power lines](#).
- Use appropriate lights and decorations and the proper equipment to hang them. This includes the use of surge protectors, unplugging cords for holiday decorations when not monitored, and avoiding extension cords for permanent wiring.
- Never use a backhoe bucket as an aerial man lift.



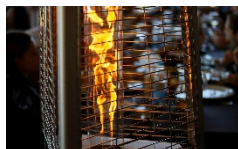
## Electrocution:

- Surge protectors prevent electrical fires and damage to equipment.
- Don't use extension cords for permanent wiring.
- Unplug unmonitored extension cords.



## Ladder Safety:

- A fall from as little as four feet can cause serious injuries.
- Click [here](#) to read about and [here](#) to watch a video on ladder safety.



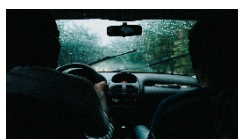
## Carbon Monoxide/Fires:

- Propane heaters in a confined area can lead to carbon monoxide poisoning.
- Get more information on [carbon monoxide safety](#).
- Get more information on [fire safety](#).



## Lifting Safety:

- 'Tis the season for decorating – and potential injuries from bending, lifting, and stooping incorrectly. Avoid back injuries by following [safe lifting practices](#).



## Safe Driving Practices:

- The season brings increased traffic, distracted drivers, holiday road trip, and potentially hazardous weather conditions. [Texas Our Driving Concern](#) has seasonal driving resources.

## Additional Resources:

- [Loss Prevention Training Courses](#)
- DVD #833 Distracted Driving - How Focused Are You?
- DVD #455 Fire Extinguishers at Work.
- Online Learning – Ladder Safety (1 Hour)
- [Loss Prevention T.I.P.S. – A Winter Safety Resolution](#)