



STATE SAFETY OFFICE
HEADQUARTERS, NEW YORK ARMY NATIONAL GUARD
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LATHAM, NEW YORK 12110



SAFETY MESSAGE 18-03



Holiday Safety Tips

With the holiday season just around the corner, safety may take a backseat during the rush of shopping and family gatherings. Pay attention to these tips to prevent a tragic ending to an otherwise joyous season. Check out the CDC website for more information.
<http://www.cdc.gov/family/holiday/>

Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water, and rub them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers. Make sure automobiles are kept at or above a half tank of fuel in case you are stranded or stuck. Open windows when running the engine for heat to prevent carbon monoxide poisoning.

Manage stress.

The holidays don't need to take a toll on your health and pocketbook. Keep your commitments and spending in check. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.

Watch the kids.

Children are at high risk for injuries. Keep a watchful eye on your kids when they're eating and playing. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Make sure toys are used properly. Develop rules about acceptable and safe behaviors, including using electronic media.

Prevent injuries.

Injuries can happen anywhere, and some often occur around the holidays. Use step stools instead of climbing on furniture when hanging decorations. Prevent slips, trips, and falls by keeping your outdoor walk-ways clear of snow and ice.

Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year.

For more information on holiday safety, visit:

<https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns/AllSeasons.aspx>

To find previously published Safety Messages go to our NYARNG Safety Website:

<http://dmna.ny.gov/safety/>



Happy Holidays from the Safety Office

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