



## Holiday Staying Safe Through the Holiday Season

### Introduction

The holiday season is a time for family, celebration, and relaxation, but it is also a time when safety hazards increase in workplaces of all kinds and at home. Whether it is rushing to finish tasks before time off or being distracted by holiday preparations, accidents are more likely when we lose focus. This is a good moment to slow down, look around, and stay aware of the hazards that tend to rise during the holiday season.

### 1. Rushing to Meet Deadlines

**Hazard:** Many employees feel pressure to complete work quickly before leaving for Thanksgiving or holiday events. This can lead to shortcuts and skipped safety steps in any workplace setting.

#### Examples of Risks:

- Not securing tools, materials, or office equipment
- Skipping required safety steps or procedures
- Ignoring permit, authorization, or approval requirements
- Failing to wear or use appropriate PPE or safety equipment

#### Prevention Tips:

- Plan Ahead: Set realistic timelines and avoid last-minute rushes
- Stay Focused: Complete tasks one step at a time and follow procedures
- Speak Up: If you feel rushed or pressured, ask for support or time. Safety is always the priority.

### 2. Fatigue and Stress

**Hazard:** The holidays can be stressful because of long hours, seasonal demands, personal responsibilities, and financial pressure. Fatigue affects decision-making in all environments.

#### Examples of Risks:

- Slips, trips, and falls
- Reduced awareness of surroundings
- Mistakes when driving, lifting, or operating equipment

#### Prevention Tips:

- Rest Well: Get enough sleep before reporting to work
- Take Breaks: Use breaks to recharge and reset
- Communicate: Share concerns with coworkers or supervisors so the team can support each other

### 3. Weather Conditions

**Hazard:** Cold weather, rain, and shorter daylight hours bring additional safety concerns whether you work indoors or outdoors.

#### Examples of Risks:

- Slippery sidewalks, parking lots, or entryways
- Reduced visibility during commuting or outdoor tasks



- Cold stress for those who work outside or travel frequently

**Prevention Tips:**

- Dress for the Weather: Use layers, warm clothing, and proper footwear
- Inspect Walkways: Watch for ice, water, or slippery surfaces
- Adjust Schedules: Use daylight wisely and limit unnecessary exposure to cold

#### **4. Distractions**

**Hazard:** Holiday to-do lists and personal responsibilities often pull attention away from work tasks. Distraction increases the risk of injury in any environment.

**Examples of Risks:**

- Misplacing tools, materials, or office items
- Forgetting to communicate important information
- Inaccurate decisions or missed steps

**Prevention Tips:**

- Stay Present: Focus on your task until it is complete
- Use Checklists: Follow step-by-step procedures to avoid mistakes
- Help Each Other: Remind coworkers to stay alert and attentive

#### **5. Alcohol or Drug Impairment**

**Hazard:** Holiday parties and celebrations sometimes involve alcohol, and impairment can carry into the next workday.

**Examples of Risks:**

- Poor judgment and slow reaction time
- Unsafe operation of equipment, vehicles, or tools
- Increased risk of injury to yourself and others

**Prevention Tips:**

- Avoid Impairment: Never come to work under the influence
- Watch for Signs: Report concerns about impaired coworkers immediately
- Promote Responsibility: Encourage safe celebrations and moderation

#### **Holiday Home Safety and Turkey Cooking Safety**

Hazards are not limited to the workplace. Many holiday injuries happen at home, especially during cooking and decorating. Thanksgiving is one of the highest fire risk days of the year because of kitchen activity.

##### **General Turkey Cooking Safety**

- Stay in the kitchen while cooking. Unattended food is a leading cause of home fires.
- Keep children and pets at least three feet away from hot ovens and stoves.
- Keep flammable items like towels and packaging away from heat sources.
- Use timers to avoid getting distracted.



- Make sure smoke alarms are working and fire extinguishers are accessible.

### **Turkey Frying Safety**

Frying a turkey is high-risk because hot oil can ignite quickly.

- Only fry a turkey outdoors on a flat, non-combustible surface away from buildings and vehicles
- Never fry a frozen turkey. It must be completely thawed and dry
- Do not overfill the fryer with oil. Follow the manufacturer's fill line
- Turn off the burner when lowering the turkey into the oil, then turn it back on
- Wear long sleeves, insulated gloves, and eye protection
- Keep a multipurpose or Class K fire extinguisher nearby
- Never use water to extinguish an oil fire. Water makes the fire erupt

### **Conclusion**

The holidays are a time for joy, gratitude, and being together with the people who matter most. Staying safe at work and at home ensures that nothing disrupts your holiday season. Slow down, stay alert, and support the people around you. Safety is not just a work responsibility. It is a gift you give to your family, your coworkers, and yourself.

**Takeaway Message:** Your safety and your good health are the best gifts you can give to the people who count on you this holiday season.

