



The holiday season is here!

It can be the most wonderful time of the year, but also comes with some added safety concerns. Keep these tips in mind and be on the lookout for hazards from stress, fatigue, and rushing.



Manage your stress level.

The holidays can be a stressful time. Minimize stress by:

- Making time for yourself
- Being aware and mindful during your daily activities
- Exercising
- Practicing healthy eating and sleeping habits
- Reaching out for support

Be mindful while working.

Stay focused and eliminate as many distractions as possible:

- Plan enough time to complete your tasks safely.
- Avoid rushing. (This is particularly important when working with hazardous materials, sharp devices and powered equipment.)

Slow down and walk safely.

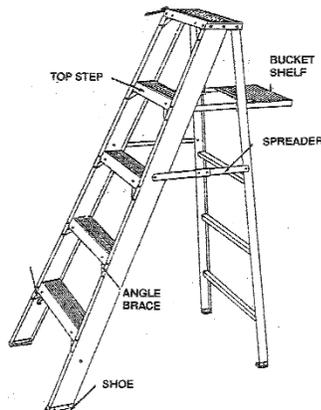
Slips, trips, and falls continue to be one of the most common causes of accidents.

- Be cautious, especially on wet surfaces and stairs, and use handrails
- Allow plenty of time to reach your destination
- Avoid using mobile devices while walking
- Wear shoes with good traction

Take care when decorating.

Whether you are hanging decorations in your home or at work, prevent injuries by using step stools or the appropriate ladder.

- Never climb or stand on furniture
- If hanging lights or electronic decorations, keep cords out of the way to prevent slip and trip injuries
- Always put away ladders and tools once the job is complete



Additional ladder safety tips:

- Choose the right ladder for the job
- If a ladder is damaged remove it from service and identify with a “Do Not Use” tag.
- Ensure the ladder is positioned on firm and level ground.
- Always face the ladder.
- Keep your body centered between the rails of the ladder.
- Maintain three points of contact (i.e. two hands and one foot, or both feet and one hand).
- Wear slip-resistant footwear.