



# SAFETY TALK

## AVOIDING HOLIDAY INJURIES

The holiday season is a time of joy, shared with family and friends. It is also a time of increased risk for injuries. Across Canada, thousands of injuries over the holidays require an Emergency Room visit. Stay safe as you celebrate the season.

### Slips, Trips and Falls

- Beware of icy conditions.
- Avoid creating tripping hazards with decorations and electrical cords.
- There is increase risk of falls due to being tired, exhausted.
- Wear appropriate footwear.
- Light areas well.

### Mental Health

- Set realistic expectations.
- Enjoy time with others.
- Take time for yourself.

### Back Strains

- Use proper lifting techniques when lifting heavy items.
- Avoid over-reaching.

### Electrical Safety

- Do not overload circuits.
- Use CSA-approved cords/items.
- Ensure cords are intact, not frayed or damaged.
- Keep electrical cords away from water.
- Turn off overnight or when leaving.

### Fire Safety

- Do not leave candles/heat sources unattended.
- Keep decorations  $\geq 1\text{m}$  away from a heat source.
- Do not place electrical cords under rugs/carpeting.
- Ensure smoke detectors are located on every level, outside bedrooms and are checked monthly.

### Cuts and Burns

- Increased risk of cuts from broken decorations, and knives for food preparation.
- Keep sharp objects out of reach of children and pets.
- Watch out for burns from candles or hot food.
- Wear gloves or oven mitts if needed.

### Food Safety

- Follow cooking and food safety standards.
- Food poisoning happens. Keep food fresh and store appropriately.
- Beware of allergies.

### Pet Safety

- Poinsettias and mistletoe are poisonous. Keep away from pets.
- Decorations and cords present choking and chewing hazards.
- Noise can overstimulate pets.
- Ensure Christmas trees are well secured in place.

### Ladder Safety

- \* Place ladder on solid flat surface
- \* Right height/load
- \* Keep both feet on ladder
- \* Body centered, face ladder
- \* Get down to move ladder

**DATE:** \_\_\_\_\_  
**FACILITY:** \_\_\_\_\_

**SAFETY TALK LEAD BY:** \_\_\_\_\_  
**DEPARTMENT:** \_\_\_\_\_

## DISCUSSION QUESTIONS:

WHAT ARE 3 THINGS TO REMEMBER WHEN USING A LADDER?

WHAT ARE 3 THINGS TO CONSIDER WHEN USING ELECTRICAL CORDS?

MENTAL HEALTH IS IMPORTANT OVER THE HOLIDAYS, WHAT ARE 3 THINGS I CAN DO TO ENJOY THE SEASON?

| EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT: |  |
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| EMPLOYEES PRESENT: |  |
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| FOLLOW UP ON CONCERNS: |
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If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email [healthpeihr@ihis.org](mailto:healthpeihr@ihis.org).

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>