



Michigan Technological University
**Environmental
Health and Safety**

Holiday Safety Tips

Protect your loved ones this holiday season!

Every winter there is a sudden rise in injuries and fatalities caused by decorations, fires, car accidents, slips trips and falls, and improper lifting of heavy packages and suitcases



Slips, Trips, and Falls

- ✓ Use designated Walkways
- ✓ Wear shoes/boots with good traction
- ✓ Walk slower and take smaller steps
- ✓ Anticipate wet and slippery areas
- ✓ Use handrails where available
- ✓ On Campus: report icy conditions to Grounds by calling **483-SNOW**

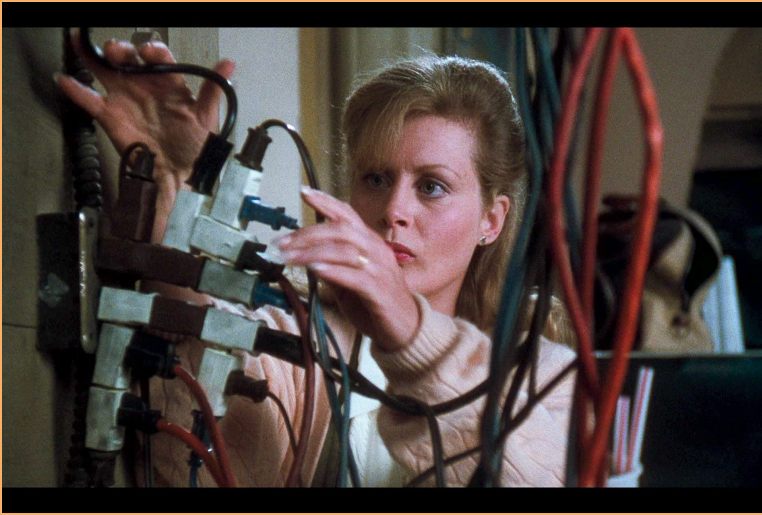


Ladder Safety



Don't be like Clark

- **Check your ladder:** Make sure the ladder is in good working condition and has slip-resistant feet.
- **Use the right ladder:** Choose a weight rated ladder that is tall enough for your needs. You should never stand on the top step or the top rung of an extension ladder.
- **Inspect the area:** Clear the ground of any debris or slippery spots. Avoid using a ladder during bad weather, such as high winds or drizzle.
- **Maintain three points of contact:** Always face the ladder and keep three points of contact on the ladder (either two hands and one foot, or two feet and one hand).
- **Have a spotter:** Have another person hold the base of the ladder steady, especially when positioning it or when someone is on it.
- **Carry tools safely:** Use a tool belt or hoist for carrying tools to keep your hands free.



Electrical Safety

- ❖ Make sure cords are rated for the load amperage
- ❖ Inspect all decorations: Before using, check all light strings, cords, and plugs for damage.
- ❖ Don't overload circuits: Never plug too many high-wattage appliances into a single outlet and don't use more than three standard light sets on one extension cord.
- ❖ Use only outdoor rated and GFCI protected cords in wet locations
- ❖ Turn off lights: Switch off all decorative lights before you go to sleep or leave your office/ home unattended to prevent overheating or a potential malfunction.

Christmas Tree Safety

Choose a fresh, green tree and place it at least three feet away from heat sources. Water live trees daily and dispose of them promptly after the holidays. Use certified lights rated for their intended use and turn them off when leaving or going to bed.

Lighting and Decoration Safety

Inspect light strands for damage before use. Avoid overloading electrical outlets and use clips for hanging lights. Keep flammable decorations away from heat sources.

Candle Safety

Place lit candles at least 12 inches away from combustible items. Use sturdy holders and never leave lit candles unattended. Consider flameless candles as a safer alternative.

Cooking Safety

Stay in the kitchen when cooking, especially when frying. Keep flammable materials away from the stovetop. Use turkey fryers outdoors, away from buildings. Check fire detectors.

Fire Awareness



[Dry vs Watered](#)

Hazards of Nostalgia!

Bubble Lights



Lead Tinsel



Holiday travel



- Check your vehicle: Have brakes, tires, wipers, and defroster inspected. Top off all fluids,
- Pack an emergency kit: Include essentials like warm blankets, a flashlight, batteries, non-perishable food, water, and a first-aid kit.
- Prepare for the drive: Plan your route and check weather and traffic conditions. Consider leaving early or postponing non-essential travel if bad weather is expected.
- Drive with caution: Slow down, avoid distractions like your phone, and do not use cruise control on icy roads.
- Increase distance: Maintain a greater following distance to allow for longer stopping times on slick surfaces.

Cook Meat and Eggs to Safe Internal Temperatures

www.cdc.gov/foodsafety



145°F



Pork Roast



Rack of Lamb



Beef Brisket

After cooking,
let meat rest
for 3 minutes
before serving.

145°F



Fish Fillet

160°F



Ground Beef



Egg Dish

165°F



Turkey



Ground Turkey



Chicken



Leftovers



Santa shall ensure work benches are the proper height for elves, and anti-fatigue mats are used when prolonged standing is required.

Santa and the elves always use proper technique while lifting, loading, and delivering all those presents! With proper ergonomics, they will be in tiptop shape all season long.

A festive winter night scene featuring snow-covered evergreen trees framing a central blue sky. A crescent moon is visible in the upper center, and numerous glowing bokeh lights of various sizes are scattered across the sky. The text "Happy Holidays from EHS" is written in a white, cursive font across the middle of the image.

Happy Holidays from EHS