



For Immediate Release

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Holiday Season Safety Tips from the National Safety Council, Greater Omaha Chapter

(Omaha, Neb, - December 1,, 2009) The holiday season is upon us; we're all very excited about decorating our homes, making great holiday dishes and choosing the best gifts for our friends and family. To help insure a safe and enjoyable holiday, the National Safety Council, Greater Omaha Chapter recommends the following holiday season safety tips. In addition, we encourage you to plan ample time for each holiday project, as rushing can cause stress, and that's when more accidents occur.

Holiday Decorations

- Wear gloves while decorating with angel hair
- Be sure to follow directions and use caution when using sprays, i.e. artificial snow, paint, etc.
- Be sure lighting is UL certified, don't attach more than recommended number of strings together; use no frayed cords; use appropriate lights for outdoors/indoors; do not run cords under rugs/traffic areas.

Fireplaces

- Don't burn evergreens or wreaths in the fireplace or wood stove to dispose of them
- Don't burn wrapping paper in the fireplace as it often contains materials that can be toxic if burned

Candles

- Don't use lighted candles near trees, curtains/drapes, or anything flammable
- Make sure an adult is always in the room when a candle is burning
- Be sure to use candleholders that are sturdy and won't tip over easily

Toys and Gifts

- Be careful when choosing toys for infants and children
- Toys and gifts should be large enough not to get caught in the throat, nose or ears
- Avoid toys with small parts that can be pulled or broken off
- Consider the ages of all of the children in a

- household when purchasing toys
- Check www.cpsc.gov for toy recalls

Older Adults

- Select gifts for older adults that are not heavy or awkward to handle
- Make sure that gift does not require assembly if the individual has limitations
- If gifting a book, make sure the type is large for anyone with vision impairment

Plants

- Monitor small children near plants...they may try to eat them
- Plants to watch out for include: mistletoe, holly berries, Jerusalem cherry, and amaryllis
- If possible, keep all plants out of children's reach

Cooking, Food and Choking

- Have a fire extinguisher accessible in the kitchen
- Never leave cooking unattended
- Keep window curtains away from any heat Source
- Always use a non-flammable oven mitt or cloth
- Wash hands, utensils, sink, and anything else that has come in contact with raw poultry
- Refrigerate or freeze leftovers in covered shallow containers (less than two inches deep) within two hours after cooking
- Date leftovers for future use
- Be sensible about alcoholic drinks
- Use a designated driver

Stress

- To help avoid stress, allow enough time to shop
- Plan only to do a reasonable number of errands
- When shopping, make several trips out to the car to drop off packages rather than trying to carry too many items
- Take time out for yourself
- Relax, read, or enjoy your favorite hobby at your own pace

About the National Safety Council, Greater Omaha Chapter

Founded in 1924, the National Safety Council, Greater Omaha Chapter, is a private non-profit, community based organization that promotes safety and health by providing programs, resource services and education to individuals and organizations to prevent both the personal and economic loss associated with injuries, accidents and health hazards wherever they exist. Under the leadership of the National Safety Council, Greater Omaha Chapter, the greater Omaha metro area was recently designated a safe community by the United Nation's World Health Organization (WHO). For more information, visit www.safenebraska.org.