

HOLIDAY Safety

Colouring Sheet

To: You and
your loved ones

To ensure that you and yours have a safe and happy holiday season, please remember that some precautions will help prevent injuries. Here are some suggestions that can keep you, your family, and friends safe during the holiday season.

Christmas Tree

- Buy a tree that is not brittle.
- Keep the tree well-watered at all times.
- Use a sturdy, broad-based stand and place the tree away from floor heaters, fireplaces, or other heat sources.
- Never decorate the tree with candles.
- Use Canadian Standard Association (CSA) certified electric lights.
- Artificial metallic trees conduct electricity - use floodlights, not strings of lights.
- Do not overload electrical outlets; check all the cords, sockets, and plugs for wear.

Fire Safety

- Use only outdoor lights outside your home.
- Examine the light strings each year and discard the worn ones.
- Turn off your Christmas lights when you go to bed or leave the house.
- Check batteries in smoke detectors.
- Keep an all-purpose, dry chemical fire extinguisher nearby.
- Plan fire escape routes; make sure your family knows them.

Decorations

- Put small tree ornaments and tinsel near the top of your Christmas tree - keep out of reach of toddlers.
- Use insulated staples, not nails or tacks, to put up lights.

- Angel hair is made out of fiberglass - keep it out of the reach of children.
- Be careful with plants - the traditional poinsettia is poisonous. It tastes bitter and causes a burning sensation - most children spit it out, but caution is necessary.

Entertaining

- Always remember that your guests are your responsibility.
- Have plenty of non-alcoholic drinks on hand for pregnant and abstaining guests.
- Offer rides, take keys, and call cabs; you will sleep better and so will your friends.
- Always clean up immediately after a holiday party in your home. A child could get up early and could choke on leftover food or consume alcohol or tobacco that was left out.
- Holiday candy and nuts can choke toddlers - keep them out of reach.
- Brief babysitters on the safety rules of your home.

Gifts

- Buy age appropriate toys for children. Small parts may cause choking. Ensure all parts such as wheels and eyes are well-secured.
- Throw away all packing materials such as plastic bags and Styrofoam pellets as soon as possible. Children can suffocate while playing with them.
- Children will be interested in everyone's gifts. Quickly put away adult gifts that could be hazardous - perfumes, alcohol, appliances, or power tools.

Sources: Health Canada, American Academy of Pediatrics, and Safe Kids Canada.

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be photocopied.



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