

Winter Safety

Wintertime brings along fun, cold weather and the holidays. It also brings some potential dangers. Here are a few safety tips to help you weather the winter months safely.

FALLS PREVENTION

To prevent falls from occurring:

- Avoid walking on wet or icy surfaces that may be slippery
- Be sure that all electrical cords are not strung across walkways
- Do not allow children to play on stairs or escalators

POISONING PREVENTION

- Post the Poison Control Center number near all phones: 1-800-848-6946.
- Encourage children to ask grownups before eating or drinking anything to make sure that the food is safe and edible.
- Store all household cleaners, medicines, and vitamins out of children's reach.
- If you have guests visiting designate a locked room for coats, purses, and luggage which may contain medications.
- Remove and empty partially-filled glasses of alcoholic beverages. Alcohol can cause serious illness to small children.
- Install carbon monoxide detectors in your home, especially if you use kerosene or gas sources of heat.

Some holiday decorations are poisonous to both humans and animals. These include:

- Mistletoe berries
- English holly berries



- Fruit of the Jerusalem cherry
 - Leaves and twigs of boxwood
 - All parts of Yew plants
- Poinsettias are not considered to be dangerous, but can cause minor gastrointestinal problems if consumed in large quantities.

CHOKING PREVENTION

Danger of choking may increase during the holidays. To prevent choking follow these tips:

- Select age-appropriate toys for young children.
- Hang holiday ornaments and decorations with small parts out of your children's reach.

FIRE & BURN PREVENTION

Due to the increased number of candles, fires and lights during the winter months it is very important to think about burn prevention. Consider these safety tips to prevent fires and burns:

- Make a fire escape plan with your family whenever you are staying.
- Test your smoke alarms to make sure they are working.
- Candles should be placed on proper countertops away from drapes and curtains and need to be monitored. All candles should be extinguished before leaving the house or going to bed.

For more information contact 350-7752.