



Livingstone Range
SCHOOL DIVISION



DECEMBER SAFETY TOPIC

Holiday Safety Tips.

12 DAYS OF HOLIDAY SAFETY



On the First Day...

Prepare your home for the holidays. Make sure you have a working carbon monoxide detector, smoke alarm, fire extinguisher and a first aid kit. If you live in an apartment or are staying in a hotel, know where the fire alarms and emergency exits are located.

On the Third day ...

Think about special needs. Establish a personal support network of friends, relatives, health-care providers, and neighbours who understand your personal needs. Write down details about accommodation needs, allergies, family medical history, medical conditions, etc.

On the Fifth Day ...

Make your tree safe. When buying a real tree, check that it is fresh (needles are hard to pull off). Water the tree daily. Place the tree away from high traffic areas, doorways, heating vents, radiators, stoves, fireplaces and burning candles.

On the Seventh Day ...

Choose appropriate toys. Always follow age recommendations when choosing toys for children. Pay attention to Health Canada's recalls and safety alerts.



On the Ninth Day ...

Prepare your car for an emergency. Install winter tires and make sure windshield washer fluid is always topped up. Prepare a kit to keep in your vehicle in case of an emergency, with items such as a blanket, a candle in a deep can and matches, and first aid kit with a seat belt cutter.

On the 11th Day ...

Learn first aid. Knowing first aid could save a life. Contact your local Canadian Red Cross or St. John Ambulance office to find out about first aid courses in your area.



On the Second Day...

Make a plan. Your family may not be together when an emergency occurs. Plan how to meet or how to contact one another, and discuss what you would do in different situations

On the Fourth Day...

Decorate with safety in mind. Never leave burning candles unattended and keep them away from children and pets, decorations and wrapping paper. Cut candle wicks short to prevent a high flame, and if candles are used in a centrepiece, make sure they don't burn low enough to ignite the decoration.

On the Sixth Day ...

Keep lights bright. Only use lights that have been certified by a recognized organization such as CSA, ULC or C-UL. Make sure you use indoor lights inside your home and outdoor lights outside. Check the light strings and extension cords, throwing out any that are frayed or have exposed wires, loose connections or broken sockets.

On the Eighth Day ...

Get ready for severe winter weather. Blizzards, ice storms, and high winds can develop quickly. Listen to local radio or television stations for severe weather warnings and advice.

On the 10th Day ...

Prevent illness. Protect yourself and others from getting the flu. A flu shot is the safest and most effective way to prevent infection, to reduce the severity of your symptoms if you do get sick, and to keep from spreading the virus to others.



On the 12th Day ...

Know the risks. Across Canada, we face a number of hazards, such as blizzards, strong winds, and ice storms. Knowing the risks where you are can help you better prepare and eliminate stress especially during the holiday season.



Holiday FOOD SAFETY

Food is an important part of holiday celebrations but many people don't realize that food safety is the key ingredient in preparing food for the holidays.

Foodborne illness ("food poisoning") is caused by eating food contaminated with certain bacteria, viruses or parasites. Examples of disease-causing organisms include Salmonella, E. coli and Listeria monocytogenes. These bacteria are sometimes found in or on the following:

- raw and undercooked meat, poultry, fish and their juices
- the surfaces of and/or in the juices of raw fruits and vegetables
- unpasteurized (raw) milk and (raw) milk products, like raw milk, soft and semi-soft cheeses
- raw and lightly cooked eggs
- uncooked flour and uncooked products made with flour, like dough



Since these foods are often part of the menu at many holiday meals and parties (e.g., cheese, fruit and vegetable platters, seafood, turkey, tourtière, baked goods, eggnog and cider), it is a good idea to take extra care when preparing, cooking, serving and storing food during the holiday season.

The Government of Canada's Role

The Government of Canada is committed to food safety.

Health Canada sets policies and standards for the safety and nutritional quality of all food sold in Canada. The Canadian Food Inspection Agency (CFIA) enforces these policies and standards, and makes sure that necessary warnings are released quickly to Canadians. As a founding member of the Canadian Partnership for Consumer Food Safety Education, Health Canada also participates in public awareness campaigns about safe food practices



Did you
know?

THE SONG "JINGLE BELLS" WAS SENT INTO SPACE
CHRISTMAS CAROLS ARE A POPULAR TRADITION, BUT 'JINGLE BELLS' IS OUT OF
THIS WORLD! IT WAS THE FIRST SONG TO BE SUNG IN OUTER SPACE WHEN
ASTRONAUTS ABOARD THE GEMINI 6 SPACECRAFT SANG THE CAROL IN 1965.

MAY YOU ALL HAVE A WONDERFUL
AND SAFE CELEBRATION



merry
CHRISTMAS

FELIZ NAVIDAD

ЩАСЛИВОГО
РІЗДВА
SHCHASLYVOHO RIZDVA



MĒRĪ KARISAMASA

MALIGAYANG
PASKO

VROLIJK KERSTFEEST

HAPPY HOLIDAYS

SHÈNGDÀN JIÉ KUÀILÈ