Christmas And New Years Recreation Safety Brief
The Role Of Alcohol

Alcohol affects judgment and reflexes

29% Alcohol-Related In Sailors Recreation And Off-Duty Fatalities
Carbon Monoxide Poisoning

**Hazards**
- Missing Co Alarm
- Fresh Make-up Air Vent Closed, Faulty Furnace,
- Blocked Chimney Flue
- Fuel Space Heaters
- Dirty/Clogged Air Filters
- Return Air Vent Obstructed

**Controls**
- Install Alarm
- Establish Appropriate PM Schedule - QA Work
- Disallow Use In Quarters
- Change Filters Quarterly (Monthly For Pets)
- Keep Furniture Away From Vents
Smoke Detectors

- Install at least one smoke alarm on each level of your home and in or near all sleeping areas.

- Smoke alarms should be tested once a month and batteries replaced once a year or when the alarm beeps, warning that the battery is low.

- Every household should develop and practice a home fire escape plan that includes two ways out of every room and an outside meeting place.
Fire Exit Drills In The Home

- Check Your Smoke Detectors
- Develop An Escape Plan
- Practice Your Plan
- Two Ways Out
- Outside Meeting Place
- Don’t Go Back
# Christmas Fire Safety

## Hazards

- **Dry Needles**
  - Check for freshness, cut base to absorb water & check water level daily
- **Fireplaces & Radiators**
  - Ensure proper clearance before mounting tree
- **Ornaments & Trimmings**
  - UL approved only/flame-resistant
- **Frayed Wires & Broken/Bulbs Overloaded Outlets**
  - Inspect lights & wires - discard/replace wiring & bulbs - don’t connect too many strings
- **Leaving The House/Going To Bed**
  - Lights off & fireplace out
Call (800) 851-9955 or web site address www.toy-tma.org for a free booklet on selecting toys. Call (301) 654-3091 or web site address www.lionlamb.org for a kit on toy selection.
Space Heaters

• Space heaters need space, at least three feet (one meter) away from anything that can burn
• Portable space heaters should be turned off every time you leave the room or go to sleep
• Have a sturdy screen on your fireplace, a metal screen or built-in glass doors
• Reminder on EAFB you must have a letter signed by the facility manager to have a portable heater
Electrical Safety

- Replace or repair any electrical device with a loose or frayed cord
- Avoid running extension cords across doorways or under carpets
- In homes with small children, electrical outlets should have plastic safety covers
- Avoid the use of "cube taps" and other devices that allow the connection of multiple appliances into a single receptacle
- Place lamps on level surfaces, away from things that can burn
Ladder Safety

- Use the right ladder for the job
- Inspect before use
- Metal ladder + electricity = death
- For every 4 ft of the ladder’s length you must come out 1 ft from the wall
Cooking Safety

- Never leave food cooking unattended
- Keep cooking areas clean and clear of combustibles
- Keep a three-foot (one meter) "kid-free zone" around the stove
- Turn pot handles inward
- Wear short, close fitting, or tightly rolled sleeves when cooking
- Never use a wet oven mitt, as it presents a scald danger if the moisture in the mitt is heated
Turkey Fryers

• Flat/stable surface; Never leave unattended
• Use outdoors away from; walls, fences, other structures;
  Never use in, on or under garage; breezeway, carport, porch or structure that can catch fire
• Raise and lower food slowly to reduce splatter and avoid burns
• Use pot holder/mitts when adding or removing food
• Check oil temperature frequently; If oil begins to smoke; Turn gas off
• Fire occurs; call 911. Do not extinguish fire with water; Keep ABC extinguisher nearby
# Holiday Parties

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<th>Hazards</th>
<th>Controls</th>
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<td>Serve Food &amp; Non-Alcoholic Drinks; Provide A Ride Home</td>
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<td>• Cooking</td>
<td>Limit the Number of Helpers; Turn Pot Handles Away From Edge; Smoke Detector; Fire Extinguisher</td>
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<td>• Food Poisoning</td>
<td>Separate Cutting Boards; Proper Refrigeration/Heating</td>
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<td>• Pets</td>
<td>Relocate to Backyard, Bedroom</td>
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Hypothermia Kills

Head

Lower Torso

Under Arms
Snowboarding

- PPE
- Equipment
- Take a lesson
- Physical condition
- Stay on marked trails
- Layers/Hat
- Water/wind resistant clothing
- Sunscreen
- Drink plenty of water/no alcohol
Frostbite Safety

• Keep Your Clothes Dry
• Wear Cold Weather Boots, Gloves, Ski Mask and a Warm Hat
• Wear Several Layers of Clothing, Not Just One Heavy Coat
• Drink Plenty of Water to Avoid Dehydration
Chainsaw Safety

- Follow Manufacturer’s Recommendations
- Training
- PPE
- Anti-Kickback Devices
- Cut Between Knee And Waist
- Safe Refueling
How To Jump-Start A Vehicle

1. Connect the positive terminal of the good battery to the positive terminal of the dead battery.

2. Connect the negative terminal of the good battery to the negative terminal of the dead battery. Do not connect it to the engine block.

3. Connect the negative terminal of the good battery to the engine block.

4. Start the engine of the vehicle.

Away from battery:

Dead battery:

Positive terminals:

Good battery:

Negative terminals:
Keep the Holidays Safe and Happy for You & Your Family.
Before You Shop

• Avoid Carrying a Purse
• Use a fanny pack or deep pockets in clothing to carry what you need
• Carry small amounts of cash
• Carry your keys, cash and credit cards separate from each other
While Shopping

- Constantly pay attention to what’s going on around you
- Always take a shopping bag from home in case none are available at the mall
- Consolidate as many packages as possible
• If you have to carry a purse, carry it close to your body and always zipped

• Park strategically close to the store is optimum. Park in well-lit areas. Never park next to a van

• Know exactly where you parked your car

• Make a mental note or write it down so you will know exactly where to go when you leave the store
After Shopping

• Leave the mall/store ahead of closing time
• Walk out with other people. There is safety in numbers
• Don’t shop until you are exhausted. You need to be alert and not tired
• Use an escort or mall security if you have too many packages

• Request security to escort you to your car if you are leaving a store after closing

• Check underneath your car as you approach it. This is a common ploy of criminals in parking lots and they will take you by surprise

• Always remember to ask for all your forms of I.D. and credit cards before leaving a store

• Keep your packages stored out of sight in the trunk of your car
• Keep gifts hidden from view through outside windows

• After opening gifts, break down cardboard boxes of expensive electronics and fancy stores and put them in plastic bags to hide the fact you have valuable items in your home
5 Step Process

1. Identify Hazards
2. Assess Hazards
3. Make Risk Decisions
4. Implement Controls
5. Supervise