



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



Toy Safety

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



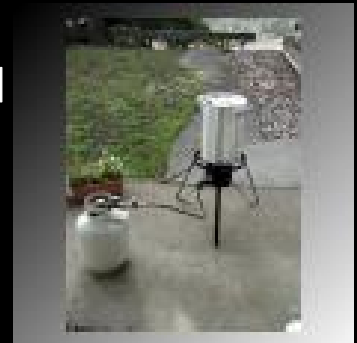
Cooking Safety



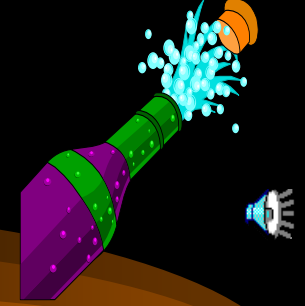
- Never leave food cooking unattended
- Keep cooking areas clean and clear of combustibles
- Keep a three-foot (one meter) "kid-free zone" around the stove
- Turn pot handles inward
- Wear short, close fitting, or tightly rolled sleeves when cooking
- Never use a wet oven mitt, as it presents a scald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



Hazards

- Alcohol
- Cooking
- Food Poisoning
- Pets

Controls

Serve Food & Non-Alcoholic Drinks; Provide A Ride Home

Limit the Number of Helpers; Turn Pot Handles Away From Edge; Smoke Detector; Fire Extinguisher

Separate Cutting Boards; Proper Refrigeration/Heating

Relocate to Backyard, Bedroom

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

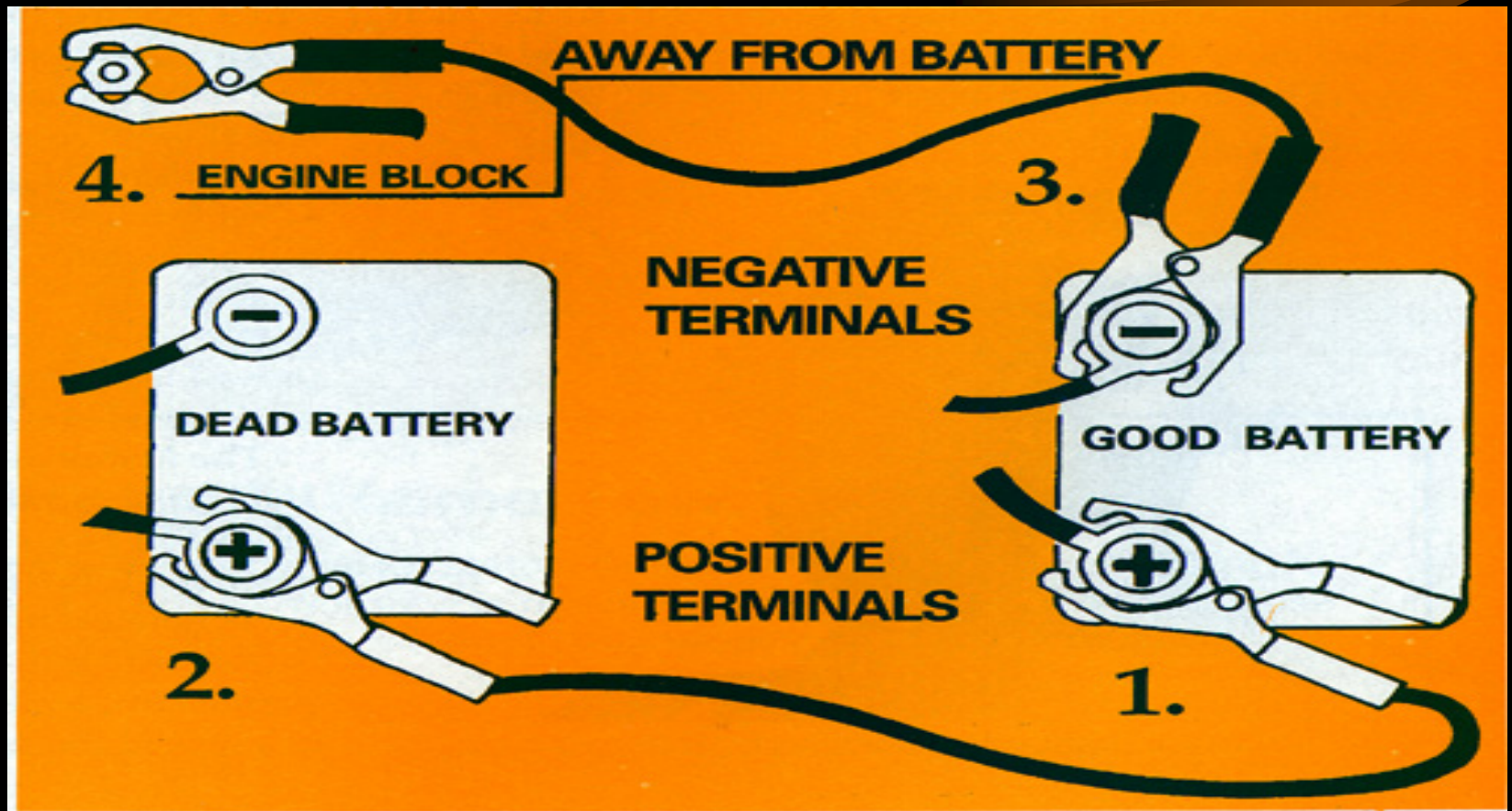


Chainsaw Safety

- Follow Manufacturer's Recommendations
- Training
- PPE
- Anti-Kickback Devices
- Cut Between Knee And Waist
- Safe Refueling



How To Jump-Start A Vehicle



**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

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- 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

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- 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

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- 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

At Home

- 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

