Be safe this holiday season by choosing the most suitable lights for your decorative needs. Whether indoor or outdoor lights, you have to consider all safety aspects before buying and using them.

For indoor lighting, you could use light-emitting diode bulbs – they are usually called LED lights. LED lights work at a lower voltage than traditional bulbs so there is less risk of electric shock. You can also buy Christmas lights with a low voltage transformer. The transformer reduces the normal voltage so the lights are safer to use.

If you want to use decorative lights outside, you should make sure they are designed for outdoor use only. Know where your fuse box is so that you can turn it off quickly in an emergency.

Holiday lights don’t get used very often, so you should make sure they are in good working order before using them.

- Check that lights aren’t damaged or broken and look out for loose or worn wires.
- Check that the fuse in the plug is the right size – the lights' packaging should tell you the maximum size of fuse you should use.
- Don’t overload sockets.
- Replace any bulbs that blow.
- Switch the lights off when you go to bed or leave the house.
- Don’t let the bulbs touch anything that can burn easily, like paper or fabrics and other Christmas tree decorations.

If you are unsure about the safety of last year’s Christmas lights, don’t use them.
Don’t Drink and Drive

This holiday season we’re asking everyone to share the responsibility of being the designated driver. Is it your turn to get your family and friends home safely?

Police are stepping up road checks to catch impaired drivers. So, when your drinking alcohol, be responsible by having a designated driver. Before you go out, decide who’s going to be driving. Make sure that person doesn’t drink any alcoholic beverages. If you don’t have a designated driver, keep money aside for transit or a taxi, stay overnight, or call a sober friend.

When you’re the one throwing a party, you need to ensure the safety of your guests. As a host, pay attention to your guests’ alcohol intake and behaviour. Call a cab or set up a ride with a sober driver for someone who has had a lot to drink or seems tipsy. Don’t be afraid to hide someone’s car keys if they had a drink. Also, it would be a good idea to serve plenty of food and offer non-alcoholic beverages. A full stomach can slow the rate of alcohol absorption. By serving plenty of beverage alternatives, your guests will not be pressured to drink alcohol.

Have a safe and happy holiday. Thank you for doing your part to keep our roads safe.

November 2017 First Aid Summary Report

The chart indicates the number of injuries from each person type (Student, Employee, Contractor), and the proportion of injuries for each school.

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