Safety Tips for Holiday Season

For many of us, Christmas season means shopping, gift wrapping, decorating, cooking, drinking, celebrating, road traveling, and more. Here are tips to get you through the holiday safely:

**Shopping**
- Do some research on a website before you purchase something online and hand over your credit card information.
- Check the Better Business Bureau (BBB) for any complaints about the company.
- Make sure store employees only swipe your card once.
- Keep watch of your belongings while shopping.

**Decorating**
- Avoid placing gifts under your Christmas tree until the last minute if the tree is visible from outside.
- After unwrapping valuable presents, take boxes straight to recycling to avoid alerting a thief.

**Celebrating**
- Have a plan to prevent driving after drinking.
- As a host, consider limiting your own drinking so that you keep awareness of your guests’ conditions and offer assistances when necessary.

**Socializing**
- Keep personal hygiene and prevent transmissions of diseases (e.g. influenza).
Traveling
- Have directions (or set your GPS for your destination) and advise someone of your travel before you set out.
- Ensure that you and your passengers always wear seatbelts.
- Inspect your car, have snow tires, and heed weather forecast before a long drive.
- Take a cell phone, a car charger, an emergency kit, blankets, water, a flashlight, foods, and a help sign with you.

Fire Safety
- Inspect your Christmas lights before you install them and use CSA approved and UL tested cords and power bar.
- Keep candles away from combustible/flamable materials and artificial Christmas trees.
- Never leave pots unattended on the stove and be cautious when cooking with oils.
- Familiarize yourself with use of extinguishers and the fire plan of your residence.

Safety Tips When Using Lights and Extension Cords
- Purchase extension cords for the specific job – don’t improvise with an indoor cord outdoors, or daisy chain several shorter cords instead of just getting a longer one.
- As with extension cords, indoor-rated light strings and pre-lit trees are for indoor use only. Products marked for indoor use are not designed to hold up against the elements. However, it is safe though to use outdoor extension cords and light strings indoors.
- Do not run extension cords under carpets, out windows or doorways where they could become pinched.
- Inspect light strings/set and extension cords before use, and discard any that show signs of wear or damage.
- Insert plugs fully into outlets. Poor contact may cause overheating or shock.

OCTOBER 2016 FIRST AID SUMMARY REPORT

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<th>School of Transportation</th>
<th>School of Health Sciences</th>
<th>School of Energy</th>
<th>School of Construction and Environment</th>
<th>School of Computing and Academic Studies</th>
<th>School of Business</th>
<th>Other</th>
<th>Employees</th>
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The chart indicates the number of injuries from each person type (Student, Employee, Contractor), and the proportion of injuries for each school.