

The Holidays are here! Don't take a break from safety while you are celebrating the holidays!

There are many types of accidents and incidents that occur during the holidays but we will focus on just a few here: Fires, Vehicle Accidents, Falls from Ladders, and of course – COVID-19.

### **Fires:**

Overloaded electrical circuits can cause fires. To prevent electrical fires, use only UL approved extension cords. Do not plug in more than two cords per outlet. Use cords designated for outdoor use when using outside.

Cooking: Stove and oven fires occur often when cooking large meals. Never leave pots on the stove unattended for extended periods of time. Frying turkeys can be hazardous. Always deep fry turkeys outside, away from any structures. Ensure that the turkey is completely thawed prior to placing in the fryer. Keep children away from the area while frying turkeys!

### **Vehicle Accidents:**

Vehicle accidents are a leading cause of injuries and death across America. Remember the following tips during the holidays: 1) Always wear your seatbelt, 2) Never drive while impaired or ride with someone who is impaired, 3) Make sure children are in the appropriate child safety seat, and 4) Take appropriate breaks while on long trips – don't drive when you have not had appropriate rest.

### **Falls from Ladders:**

Falls from ladders cause serious injuries to Americans every year. Most fatalities from falls from ladders are from less than six feet high.

To reduce the potential of injuries from falls from ladders, practice the following: 1) Make sure that you use the correct ladder, 2) Do not use a ladder in a manner in which it is not intended for, 3) Inspect ladders for damage prior to use, 4) Discard damaged ladders, 5) Never over-reach while using a ladder – use the “bellybutton rule” – keep your bellybutton within the frame of the ladder.



## COVID-19

COVID-19 continues to affect Louisiana, the United States, and the world.

Remember the following steps to prevent infection to you, your family, and friends:

- Follow guidelines provided by the Centers for Disease Control (CDC) and the Louisiana Department of Health
- Wash your hands for 20 seconds after touching surfaces that could be contaminated, before eating, etc.
- Practice Social Distancing – maintain 6 feet of distance between others if possible
- Wear Face Coverings – wear appropriate masks such as commercially available surgical type masks, cloth masks, or homemade cloth masks. Cloth masks with multiple layers are recommended in lieu of single layer cloth masks.
- If you are sick, have symptoms, or have been exposed to someone with COVID-19, follow CDC guidelines for quarantine.

For further information, contact the CDC at [www.cdc.gov](http://www.cdc.gov) or [www.ldh.la.gov](http://www.ldh.la.gov).