

Holiday Safety

The holidays are a wonderful time to spend with friends, family and loved ones. With all the cooking, shopping and festivities that come along with the holidays, it is easy to overlook the potentially dangerous hazards that could be encountered during this season.

Here are some things to keep in mind to keep you and your family safe during the busy holiday season:



- When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and do not block doorways.
- Even if you just purchased your Christmas tree lights, check them before hanging them on your tree. Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.
- Turn off all lights when you are going to bed or leaving the house. The lights could short out and start a fire.
- Take special care to avoid decorations that are sharp or breakable. Keep trimmings with small removable parts out of the reach of children to avoid the risk of accidental swallowing or inhaling of small pieces.
- Select toys to suit the age, abilities, skills and interest level of the intended child. Toys too advanced may pose safety hazards for younger children.
- Always keep raw foods and cooked foods separate, and use separate utensils when preparing them.
- Wash your hands frequently and make sure your children do the same.
- Clean up immediately after a holiday party. A toddler could rise early and choke on leftover food or come in contact with alcohol or tobacco. Remember that the homes you visit may not be childproof. Keep an eye out for dangerous situations.

Our dedicated staff of consultants is available **24 hours everyday** to address your needs. Appointments can normally be scheduled within **two working days**. **After hours** and **weekend** sessions can be arranged, if needed. Crisis calls are always handled immediately. Services are **confidential** to the extent permitted by law.

To access these services, call First Sun EAP at **800-968-8143** or in Greater Columbia **803-376-2668**. For more information on this topic as well as the other services you receive from First Sun EAP, please see our website.