

Top 10 tips for keeping safe during the holidays



Have a
cool Christmas
keep safe from
burns, scalds
and fire

- ❄️ **Overloading** extension leads and adapters can cause a **fire**.
- ❄️ Keep children's **fancy dress** costumes away from naked **flames**.
- ❄️ Purchase from **reputable sources**. If the price is too good to be true it probably is.
- ❄️ Old **Christmas tree lights** can be dangerous and cause **fires**.
- ❄️ Turn Christmas tree **lights off** at bed time and when you go out.
- ❄️ **Hot drinks** and **hair straighteners** cause most burns and scalds in young children
- ❄️ Beware of **choking hazards** to young children, such as **burst balloons**, **small toy parts** and **tree decorations**.
- ❄️ Lithium **button batteries** from **children's toys**, **Christmas cards** and many **electronic gadgets** can be **fatal** if swallowed by a young child.
- ❄️ **Falls** cause the most injuries, so keep your visiting family and friends safe by keeping areas like the **stairs well lit** and **clutter free**.
- ❄️ and finally, avoid **potential injury** by giving yourself **extra time** to prepare and cook the **Christmas dinner** if you can. **Spills, hot fat, boiling water** and **sharp knife** injuries are more likely when you are **rushing**.

