

BIS Seasonal Safety Tips

Holiday Edition



Happy Holidays from the staff of Brain Injury Services!! Here are some holiday safety reminders

Proper Care of Your Live Christmas Tree:

- ❏ Store tree in cool, sheltered place until ready to set up.
- ❏ Place tree in a stand that will hold 2 to 3 litres of water and top it up daily.
- ❏ Keep tree away from all sources of heat including radiators, furnace ducts, television sets, fireplaces and windows with direct exposure to the sun.
- ❏ Remove the tree within 10-14 days. After that amount of time in a heated building even the freshest tree will begin to dry out.
- ❏ Pick a tree with a strong green colour and noticeable fragrance.
- ❏ Ensure all electric lights and connections are in good working order.
- ❏ Turn off lights when leaving your home and retiring for the night.
- ❏ Never use lighted candles on or near a Christmas tree.
 - Be careful with holiday candles - Keep candles away from decorations or other combustible materials. Don't leave children unattended in a room with lit candles. Keep candles, matches and lighters out of the reach of children. Never display lighted candles in windows or near exits.
 - Deck the halls with safety in mind - When decorating with lights, make sure they are certified by the Canadian Standards Association (CSA). If decorating an outside tree, use only those lights labelled for outdoor use. Don't overload electrical outlets, and always unplug all lights before leaving home or going to bed.
 - Prepare for holiday parties - Decorate only with flame-retardant or non-combustible materials.
 - Designate a driver - When attending a party, designate a non-drinking driver. If you are hosting a holiday gathering, be sure there are non-alcoholic beverages for guests who are driving and arrange for alternate transportation for guests who drink.
 - Inspect fireplaces and wood stoves - Have your chimney connections and flues inspected by a professional and cleaned if necessary.

