

Holiday Safety

With the holiday season underway, people are feeling festive. But whether you are decorating your cubicle or taking part in the office potluck, safety should always remain a top priority.

Decorate Safely-

- Do not stand on chairs to hang decorations. Always use a ladder; good ladder safety is key to prevent injuries due to falls.
- Never hang decorations from sprinkler system heads. This may prevent the sprinklers from operating properly.
- Inspect all lights and extension cords for exposed wires.
- Avoid overloading electrical breakers. If the electrical breaker trips, it is overloaded and could cause a fire.
- Never try to make a three-prong plug fit into a two-prong outlet.
- Turn off indoor and outdoor electrical decorations before leaving.
- Never place extension cords in high-traffic areas nor route them under rugs.
- Never attempt to extend the length of extension cord by connecting it to another extension cord.
- Never nail or staple electrical cords to walls. This could damage the insulation and cause a fire.
- Do not place extension cords in walls or ceilings. This could cause the cords to overheat.



Food Safety-

- Always practice safe food-handling guidelines. Wash your hands before and after handling food. Serve prepared dishes on clean plates, never on dishes that previously held raw meat.
- Ensure meat is cooked to internal temperatures recommended by U.S. Department of Agriculture (U.S.D.A.). USDA recommends cooking raw beef, pork, lamb and veal to a minimum internal temperature of 145° F; raw ground beef, pork, lamb and veal to an internal temperature of 160° F; and cooking all poultry items to a minimum internal temperature of 165° F.
- Keep hot foods hot and cold foods cold. USDA notes that hot foods should be 140° F or warmer. Use chafing dishes or slow cookers to help keep hot foods at safe temperatures. Cold foods should be 40° F or colder. Keep foods cold by placing dishes in bowls of ice or by serving in small batches and replenishing from the refrigerator as needed.