



The DEP Safety Committee Presents

The 12 Days of Holiday (and Every Day) Safety

Ah....the holidays. They are coming at us like a steam roller, and the DEP safety committee would like you to be safe and happy this holiday season as you celebrate with friends, family and coworkers. Along that line, we would like to remind you to keep safety at the forefront both at work and at home, now and throughout the year. Please take a moment to peruse our safety tips.

Day 1– The Workplace Potluck

Food poisoning is really the gift that keeps on giving. When participating in potluck events, make sure that you properly cool and heat food before serving. You should also watch how long perishable dishes stay at room temperature.



Day 2– Driving to the Mall

FACT: The human IQ actually drops 10 points in the mall parking lot. Be careful when you drive during this busy season. If you can avoid high-traffic areas, great. If not, be a defensive driver. Try to leave space between you and other vehicles, and do your part to not become part of the madness. Always devote your full attention to driving at work and at home.

Day 3– Cooking the Holiday Turkey



Thaw that bird. If you are partaking in the age-old southern tradition of frying your holiday meal, make sure that your turkey is completely thawed before submerging it into its hot oil bath. Frying a partially frozen fowl has less than stellar consequences. Ever seen a volcano? Picture that, but with Wesson Oil. Better yet, listen to William Shatner's [cautionary tale of turkey frying](#). On another note, give your wastewater treatment plant a gift. Check to see if there are oil recycling programs in your community.

Day 4– The New Toy

Don't shoot your eye out. Need we say more? Probably not, but we're going to, anyway. Make sure that you read all operational and safety instructions on any new equipment or household good. Don't be the reason for the seemingly common sense warning labels on products.



Day 5– Creating the Northern Lights

Overloading electrical sockets at work or at home can be a fire hazard and increase your chances of electrocution. Go for a subtle holiday look or at least try not to end up on the Today Show's Holiday Home Highlight Reel.

Day 6– The Roaring Fire

Curling up to a good fire is a great way to spend a chilly winter evening. Just make sure that you have properly cleaned and maintained your fireplace before you create that warm, toasty ambiance. While meeting the local firefighters is nice, save it for another day. Note: We will revisit the "let's not meet your local firefighter" thing on July 4th.

Day 7– Snow Day

Remember when snow was totally fun and meant that you got to stay home from school? Well, adulthood just means that you still have to go to work. In your rush to go over the river and through the woods to work or grandma's house, make sure that you clean steps and sidewalks. Watch for the infamous black ice as snow melts and refreezes on parking lots, driveways and walkways. Emergency rooms do not evoke a festive mood. If you are particularly balance challenged, invest in some ice grippers for your shoes.



Day 8– Defeated By Plastic

Clam shells—they're not just for dinner. Seemingly, everything you buy is packaged in them. Take caution while trying to extract items from this plastic Fort Knox. They can cause great bodily harm (see note about ER above). Find the [proper tools](#) (yes, they make specific tools) to open clam shells and don't resort to extreme measures.

Day 9– A Weeeeeeee Bit Stressed

At a certain point in any holiday season or even at the workplace, you may start feeling the pressure and may experience a small, personal meltdown. Workplace expectations, family and general life activities can create a perfect stress storm and put you on the grumpy side of things. Take a moment or two for yourself whenever you start feeling pressure and find activities that will help you [deal with excess stress](#).

Day 10– Decorating Madness

Gotta get the gargantuan yard inflatable out of the attic? Remember three points of contact on the ladder at all times. Once you haul down whatever lawn or household decorations you need, remember to lift with your legs and not your back.

Day 11– Not-So-Green Greenery

Greenery used to decorate our homes can get pretty toasty. This is especially true if you succumb to the subliminal holiday messaging the retail industry starts piping out in August, and you purchased your tree or wreaths the week before Thanksgiving. If you use lights with greenery, make sure that you unplug them if you leave the house and properly water the greenery, if needed. .

Day 12– Buffet Awareness

Food is an integral part of many of life's celebrations. Indulge a little, but keep in mind the three helpings of figgy pudding (whatever that is) may cause a bellyache and will be with you well into the New Year. Indulge a little at that potluck, but keep in mind your overall health goals. Or, if you plan to indulge anyway, try walking at breaks or adding a few minutes to your exercise routine.

