

# HEALTH AND SAFETY BULLETIN

December 2021

## Happy Holidays!

As we prepare to say farewell to the year 2021 and celebrate the winter holidays, be sure to keep safety in mind.

### In This Issue

- Electrical and Fire Safety
- Other Safe Holiday Tips

## December Observances

[Hanukkah](#): Nov 29-Dec 6

[World AIDS Day](#): 1

[International Day for the Abolition of Slavery](#) &

[Women's Brain Health Day](#): 2

[International Day of Persons with Disabilities](#): 3

[World Wildlife Conservation Day](#): 4

[International Volunteer Day](#): 5

[National Day of Remembrance and Action on](#)

[Violence Against Women](#): 6

[International Anti-Corruption Day](#): 9

[Human Rights Day](#): 10

[International Health Coverage Day](#): 12

[Winter Solstice](#): 21

[Christmas](#): 25

[Boxing Day/Day of Goodwill & Kwanzaa](#): 26

[International Day of Epidemic Preparedness](#): 27





## Electrical and Fire Safety

Whether you're hanging lights, lighting holiday candles, roasting chestnuts over an open fire, or curling up by a fireplace, keep fire safety on your mind this holiday season.

### Lights, Extension Cords, and Electrical

- Ensure lights and cords are certified by a recognized product safety testing body i.e. →
- Ensure lights work (and aren't missing any bulbs) before installing them
- Check for fraying cords when putting up and taking down lights and extension cords
- Always use ground fault circuit interrupter (GFCI) outlets for outdoor lights
- Check how many strands of lights you can connect together (rule of thumb is 3)
- Don't overload extension cords or power bars.
- Check whether equipment is designated for indoor or outdoor use (or both), also check for temperature rating.



### Fire Hazards

- Trees don't spontaneously combust, but a dried tree can quickly light up a room if exposed to high temperatures or sparks. Ensure live trees have plenty water.
- Keep all trees at least 3 ft from heat sources (fireplaces, stoves, heat vents, etc).
- Keep open flames and heat sources (candles, heaters, etc.) safely away from combustibles, kids, and pets
- Consider a pet/kid free zone around stoves

### Be Prepared for a Fire or an Evacuation

- While it is vital to ensure your smoke (+carbon monoxide) detectors are tested and batteries are changed regularly, they can only alert residents to the danger.
- Have a primary and secondary escape route as part of your home emergency preparedness plan.

## QUESTION! →

RAE Staff who answer correctly will be entered in a \$25 draw *plus* Safety Rewards Points! Email responses to [raesafety@raeengineering.ca](mailto:raesafety@raeengineering.ca) by **12pm Thurs. 30 Dec 2021**, the winner will be announced that day.

## Other Safe Holiday Tips

- Use insulated wire holders, zip ties, or tape to keep cords organized and avoid tripping hazards
- Have a spotter when hanging lights, particularly from heights in case of a fall and you need help
- Keep walkways clear, well-lit, and apply sand/salt
- S-T-R-E-T-C-H before shoveling snow to prevent strains
- Give yourself extra time when travelling and check the forecast for your area for travel conditions
- Wash hands frequently when preparing food, avoid cross-contamination, and refrigerate leftovers immediately
- Dress for the weather, add a winter supplies to your car
- Take a moment to check in with friends and family, particularly those who live alone



Image source

## Informative Links

- [Holiday Light, Fire, Candle, & Electrical Safety resources](#)
- [Holiday Safety Tips from the CSA Group](#)
- [Five Holiday Fire Safety Myths](#)
- [Holiday Hazards for Pets](#)
- [Christmas Tree Safety Tips](#)
- [Enjoy a Safe Holiday Season from the NSC](#)
- [Ultimate Guide to Holiday Lighting](#)
- [How to Safely Install Christmas Lights](#)
- [How to Avoid Overloaded Circuits With Christmas Lights](#)
- [11 Common Holiday Hazards and How to Avoid Them](#)
- [RAE HSE Manual](#)
  - ⇒S. 28 Electrical Safety SWP
  - ⇒S. 33 Fire and Explosion Hazards SWP
  - ⇒S. 33 Thermal Exposure SWP

You are extinguishing a small, controlled fire. You have the extinguisher and remember you need to "PASS". What does the "P"?

- A) Pass      B) Push      C) Pull      D) Pause