

# Spotlight on Health & Safety



## December Safety Message – Personal Safety

As the holiday season approaches, so too do the demands on our families, ourselves and on our time. It is a busy time of year that can sometimes be overwhelming and we need to do our best to maintain balance in our lives and consider safety factors.

Both adults and children can feel stress during the holiday season. Keep in mind what is important during this time of year – the enjoyment of fellowship and celebrating with family and friends. Remember to take time to reflect and rest.

Holiday preparations often involve much lifting, moving and organizing. It is important that everyone be mindful of proper lifting techniques and be aware of surface hazards when bustling about. Ensure that electrical outlets are not overloaded and extension cords are in good condition and position. Ladder safety should be practiced when hanging decorations and walkways and driveways kept clear for winter visitors.

Alberta Health Services has prepared an all season injury prevention and safety suggestion guide for families. Many great tips can be found at <https://www.albertahealthservices.ca/injprev/Page4838.aspx>

We wish you a safe and happy holiday season!

Safety Advisory Committee