

Spotlight on Health and Safety

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WINTER HOLIDAY SEASON

The holiday season is upon us with only a few short weeks until Christmas. With this hustle and bustle, we would like to share some general safety reminders to help our families have a safe and happy holiday.

Christmas trees, candles, coloured lights, artificial snow, and festive, yet poisonous plants add a lot of beauty to special occasions. Sometimes though, young children like to play or experiment with these possible dangers. Keep candles away from paper or greenery. If you enjoy a fireplace, be sure to keep it clean, maintained, and clear of combustibles and use a screen to keep sparks contained. Inspect indoor and outdoor lights for broken or missing bulbs or frayed cords and don't place cords where they become a tripping hazard. Only use exterior approved lights for outside decorating. Always practice ladder safety when hanging decorations and remember to keep walkways and driveways clear for winter visitors.

Travelling often increases at this time of year and with unpredictable winter road conditions, this can sometimes be hazardous. Before traveling, make sure your vehicle is winter ready, allow for increased travel times and communicate your route to others.

The holiday season is an exciting and busy time that can sometimes be overwhelming. Be sure to take care of you and remember the true meaning of the season - spend time with family and friends, celebrate your spirituality, take part in community functions, volunteer or give what you can, take time for year-end reflection and count your blessings as we prepare to welcome 2017.

We wish you a safe and happy holiday season.