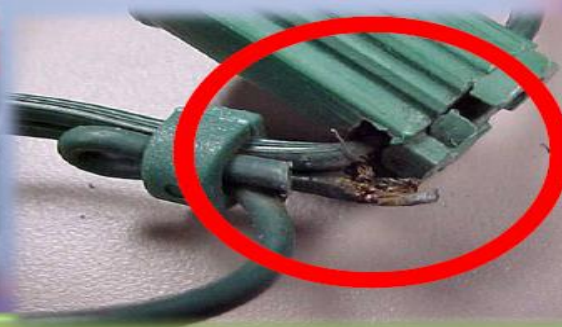




Holiday Safety Gram



CHRISTMAS LIGHT SAFETY



One and Done:

Never connect more than one extension cord together; instead use a single cord that is long enough to reach the outlet without stretching, but not so long that it can get easily tangled

Merry and Bright:

Carefully inspect holiday light strings each year and discard any with frayed cords, cracked lamp holders, or loose connections. When replacing bulbs, unplug the light string and be sure to match voltage and wattage to the original bulb.



Lights Out:

Always turn off holiday lights when you leave the house unattended or when going to bed



The Great Outdoors:

Keep electrical connectors off the ground and away from metal rain gutters. Use insulated tape or plastic clips instead of metal nails.



Climbing Up:

Using a ladder when you put up lights? Choose the correct ladder for the job.



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TOY SAFETY



Magnets: For children under age six, avoid building sets with small magnets. If swallowed, serious injuries and/or death can occur.



Small parts- for children younger than age three: ^{children} Avoid toys with small parts, which can cause choking.



Chargers and Adapters: Charging batteries should be supervised by adults. Charger and adapters can cause thermal burn hazards to children.



Ride-on toys: Riding toys, skateboards and all in-line skates go fast and falls could be deadly. Helmets and safety gear should be worn



Projectile toys: projectile toys such as air rockets, darts and slingshots are for older children. Improper use of these toys can cause serious eye injuries.

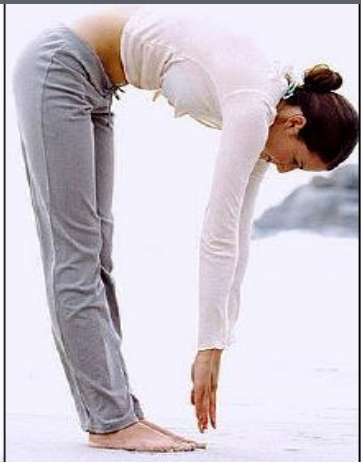




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TRAVEL SAFETY



Stretch your legs often.

If you find yourself in cramped quarters or passing time on long flights, there's the possibility you could develop Deep Vein Thrombosis (DVT), leading to blood clotting in your legs. So, remember this essential airline travel tip on your next flight — take some time to walk around and stretch your arms and legs once every hour.



Avoid touching your face, nose or mouth with your hands. Bacteria is carried through moisture, so when people are sneezing and coughing, and then touching things, they are leaving these germs on them. If you are to accidentally come into contact with these germs, you don't want them getting to your mouth or nose. Be especially careful in the restrooms. With all of the water on faucets and door handles there are germs everywhere. Try using a paper towel to touch faucets and door handles if you have to touch them. Also sanitize your hands afterwards when you return to your seat.



Check your overseas medical insurance coverage: Ask your medical insurance company if your policy applies overseas, and if it covers emergency expenses such as medical evacuation. If it does not, consider supplemental insurance.

Make sure that your prescription medicines are filled *properly* and labeled *accurately*. You don't want to accidentally take the wrong medication in the fast paced world of traveling





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NEW YEAR CELEBRATION SAFETY



If you are setting off fireworks in a residential area, be sure to practice proper safety precautions when using them. Set off fireworks in a field or other open area where homes and power lines are out of site. Have a fire extinguisher nearby and never try to re-light a firework that did not go off when first lit. Also, be sure pets and children are at a safe distance from where fireworks are being ignited. Finally, always have an adult present when using any type of firework.



Think about tomorrow:

If you do plan to drink. Have a good dinner and make sure to drink one glass of water for every alcoholic beverage you consume. Whatever you do on New Year's you will have to live with the rest of the New Year!

If you're drinking, leave the keys with a designated driver. If you don't have a designated driver, call a taxi. If you're attending a party at someone else's home, leave your keys with the host. If you're the hostess, take the keys at the door .

If you're attending a party in a larger city, or where there are crowds, travel with a group or in pairs. With the festivities in full force around you, traveling with someone else will ensure you are never by yourself at any time. The last thing you want is to get lost in the midst of thousands of people and have to ring in the New Year by yourself