



2024 Holiday Safety Potluck

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1



Presenters/Team Members



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2

2



Agenda

- Travel Safety
- Back Injuries
- Electrical Safety
- Fire Safety
- Food Safety
- Pet Safety
- Guest Safety
- Q & A

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3

3



Travel Safety

- Traveling by car during the holidays has the highest fatality rate of any major form of transportation based on fatalities per passenger mile.
- Hundreds of people die every year in crashes on New Year's Day, Thanksgiving Day and Christmas Day, according to Injury Facts.
- Alcohol impairment is involved in about a third of these fatalities.



<https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/driving>

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4

4



Car Crashes

- When you are Driving - "Just Drive"
- Accidents happen when the driver is doing something other than driving.
- Keep your cell phone fully charged, but do not use it while driving.
- Do not drink and drive. Agree on a designated driver or call a taxi if needed.
- Let someone know when you leave and keep them updated on your whereabouts and location when you can.



5

5



Car Crashes - Continued

- When bad weather is expected, have a full tank of fuel and make sure your car is in good working condition.
- Know your local weather and road conditions.
- Adjust your speed to the weather conditions.
- Avoid using cruise control.
- Always keep a first aid kit in the car.



6

6



Back Injuries



7

7



Back Injuries

- Try to pack lightly, only taking things that are necessary.
- Choose luggage with wheels and handles.
- If you need to lift some (even if its not heavy) lift with your knees, not your waist.
- Make sure to balance the weight of a backpack on your shoulder – ensure both straps are padded.
- If you're carrying something heavy, take a break.
- If something is too heavy, consider doing a team lift, asking for help, getting a lifting device.
- Remember to use proper lifting techniques and ask for help when setting up a Christmas tree or getting your artificial tree or decorations out of storage.



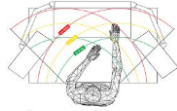
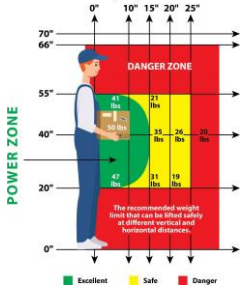
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8

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Work in the Power Zone



9



Electrical Shocks

- Use lights with a UL safety certification.
- Consider using LED holiday lights.
 - Use less power and create less heat.
- Don't overload your electrical sockets.
- Unplug decorations for the night and when you're away from home.
- Never touch any electric wiring when you are wet.



10



Fires

- Keep your candles in a sturdy candle holder.
- Make sure the flame is fully extinguished when you leave a room.
- Never put candles on your Christmas Tree.
- Don't dispose of your tree by putting it in the fireplace.
- Don't throw wrapping paper in the fireplace.
- Never leave your cooking appliances unattended.
- You should always have a fire extinguisher on hand in the event of a fire.



11



Food Safety – Food Poisoning is No Joke

- Wash your hands frequently when handling food.
- Keep raw meat away from fresh produce.
- Use separate cutting boards, plates and utensils for uncooked and cooked meats to avoid cross-contamination.
- Use a food thermometer to make sure meat is cooked to a safe temperature.
- Refrigerate hot or cold leftover food within two hours of being served.
- When storing turkey, cut the leftovers in small pieces so they will chill quickly.
- Thanksgiving leftovers are safe for three to four days when properly refrigerated.



<https://www.cdc.gov/foodsafety/communication/holidays.html>

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12



Holiday Decorating



- Every year about 200 people a day suffer decorating-related injuries.
- Always make sure when using a ladder, that you're on a stable surface.
- It's always better to work in pairs.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections.
- Read the manufacturer's instructions for the number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.
- Don't decorate under the influence of drugs or alcohol.

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13

13



Thanksgiving Fire Safety Tips



- Stay in the kitchen when you are cooking on the stovetop, so you can keep an eye on the food.
 - Only use fryers outside with a portable fire extinguisher on site!
- Keep children away from the stove. The stove will be hot, and kids should stay 3-feet away.
- Make sure kids stay away from hot foods and liquids.
- Be sure electric cords from an electric knife, coffee maker, plate warmer, or mixer, are not dangling off the counter within easy reach of a child.

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14

14



Pet Safety Tips

- Keep Christmas cacti, poinsettias, lilies, holly or mistletoe away from pets.
- In general, prevent your pets from eating:
 - Chocolate or cocoa
 - Candy and other products with xylitol (including some types of peanut butter)
 - Macadamia nuts
 - Yeast dough bread
 - Grapes
 - Onions
 - Garlic
- Keep tinsel (and ribbon, yarn, and thread) away from pets.
- Potpourri and essential oils are dangerous, so keep them out of pets' reach.
- Keep snowglobes out of reach (some imported ones may contain antifreeze).



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15

15



Guest Safety Tips



- Warn your guests of any potential hazards in your home
- Ensure that guests have night lights or easy-to-reach lamps
- If your guests have small children, invest in some child-proof cupboard or lock, provide visitors with a safe place to put their medicines, and ensure that your own are not easily accessible
- Never leave children alone in a room with a lit candle
- Keep chemicals, cleaners, and other products in their original containers. Accidental use happens more often than you think.

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16

16



Opening Presents



- **Do NOT use your teeth to open tricky packaging**
- **Use an appropriate tool for the job. When something sharp is necessary, don't grab the first pointed or bladed thing you can find**
- **When using scissors or knives, keep them away from pets and children and do not leave them on the ground**
 - They could easily get lost among the wrapping paper and packaging
- **Try to catch yourself if you're frustrated or rushing to open the present.**

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17

17



Thank You! Any Questions?

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Contact us for any planning or training questions

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18

18



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19

19