Safety Checklist The top 10 ways to stay safe this season:

- 1. When decorating, always use the proper step ladder instead of chairs or other furniture
- 2. Ensure lights being used for holiday decorating have no exposed or frayed wires, loose connections, or broken sockets
- 3. Keep tree ornaments that are breakable or have metal hooks out of reach of small children or animals
- 4. Do not burn candles near trees, curtains, or any other flammable items, and keep them out of reach of children
- 5. Make sure paths are clear indoors to avoid tripping on wrapping paper, decorations, toys, etc
- 6. When preparing a meal, wash hands, utensils, sink, and anything else that touches raw meat.
- 7. Refrigerate food within two hours after eating and remember that leftovers are safe for up to four days in the refrigerator
- 8. Use a designated driver after holiday parties, as alcohol, over-the-counter, or illegal drugs all cause impairment
- 9. When driving, put your cell phone away: distracted driving causes one-quarter of all crashes
- 10. Make sure your vehicle is properly maintained, and keep an emergency kit with you to include necessities if you can't get home

Happy Holidays from Evolved Safety!

