

HOLIDAY SAFETY



The Holidays are a wonderful time of year but in addition to the celebratory atmosphere, safety cannot be put on the shelf like an elf. Safety always needs to be a consideration throughout the year and during the Holidays.

HOLIDAY FIRE SAFETY

DIRECTIONS

Start out the discussion by asking if anyone has any thoughts about Christmas/Holiday fire safety. Use this [handout](#) (Christmas Tree Safety) and/or this [handout](#) (Winter Holiday Safety) for discussion guidance and provide them to the audience for later reference.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are some important safety features that require testing?
- What are some items that need inspection before use?
- What is the biggest contributor to home decoration fires?

Alternative Activity:

Instead of the handouts, you can watch a [short video](#) about fire safety and Christmas trees.

The key points to remember: the tree is watered well (live trees), not near a heat source and lights are unplugged when nobody is around.



Follow the CCSA and check our other resources.



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SAFE SHOVELLING

DIRECTIONS

With the Christmas season comes snow. It is important to remember whether workers are tasked with snow removal on the job or it is a chore at home, using proper body mechanics is essential in preventing injuries. Facilitators can use this [infographic](#) to help lead a discussion on safe snow removal. An additional handout can be found [here](#).

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What should you do prior to shovelling?
- How often should you take breaks?
- Which are the stronger muscle groups to use when shovelling?
- When is best to start shovelling?

Notes to the Team Leader:

- Facilitate a discussion to get people thinking about applying safety principles to everyday winter activities such as shovelling snow. As a wrap up this [2 minute video](#) from AllState Insurance can be shown



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MENTAL HEALTH FOCUS: HOLIDAY STRESS & DEPRESSION

The Christmas/Holiday Season is supposed to be filled with joy and happiness. However, it can also be an extremely stressful time of year and often depressing depending on one's circumstances.

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Print out or share an electronic copy of this handout from the [Canadian Psychological Association on Holiday Stress](#). Give each staff member 5 minutes to read. After everyone is done, use the guiding questions to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

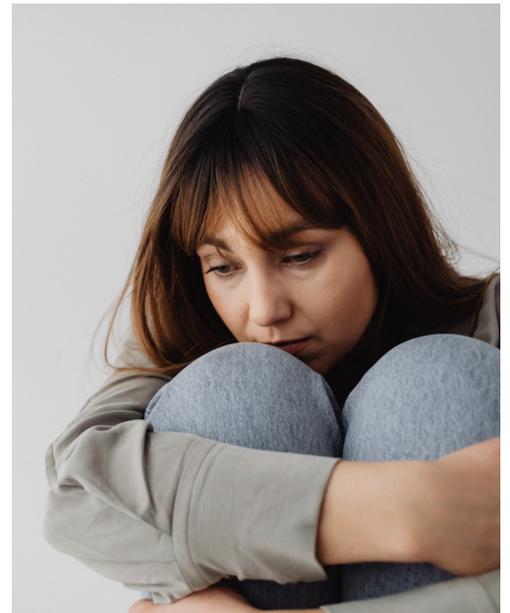
- What are some of the typical stressors during the Holiday season?
- What are some signs of mental health issues to watch for?
- What are some good coping mechanisms
- Any ideas for simple inexpensive gifts?

Notes to the Facilitator:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experience or opinion without fear of reprisal.
- Focus on EFAP and mental health reporting as additional resources.

Alternative Activity:

Use this [short fact sheet](#) from the Alberta Psychologists Association



Why do we have added stress during the holidays?



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CODE RED TABLETOP EXERCISES

DIRECTIONS

This handout is meant to aid Health and Safety Committees or Emergency Response Teams in practicing their Code Red (Fire Drills) using scenarios developed by the CCSA. Use the [CCSA Code Red Tabletop Drill Scenarios](#) to guide your group through a theoretical drill of your Code Red procedures.

SAFETY SEGMENT DISCUSSION

Guiding Questions post exercise:

- What went well, start off looking at what worked.
- What did not work and why
- Consider what needs to be altered in order for the plan to be matched to the scenario success. Is it additional resources, staff or a revised plan?



MAIN TOPIC SAFETY SEGMENTS

ALTERNATE RESOURCE: ALTERNATIVE EMERGENCY RESPONSE TABLETOP EXERCISES

This resource is created for health and safety committees or other personnel to aid them in testing their emergency response plan (ERP)

DIRECTIONS

We shouldn't necessarily be thinking about emergencies during the Holiday season, but prevention shouldn't take a break. We often only think about fire drills as an emergency response but other situations should be considered and practiced. The CCSA team has prepared a repository of different [Emergency Response Tabletop Drills](#) that you can use to test your ERP.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are some other emergencies we should be prepared for (allow for multiple answers *hints* Severe snowstorms! Tornados! City wide power loss, etc)
- How can we test our response (Tabletop exercises)
- Who should we involve (Safety committee, management, maintenance, etc)

Notes to the Team Leader:

- Facilitate a discussion to get people thinking of something other than fire drills. Once there are some other emergencies considered, use the repository to pick situation topic(s) to use in an exercise.



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