

HOLIDAY SAFETY

DECEMBER SAFETY SEGMENT



Managing holiday stress is crucial for maintaining both mental and physical well-being during a busy and often demanding season. The holidays can bring a mix of joy and pressure, with expectations to create perfect celebrations. By effectively managing stress, you can enjoy the festivities more fully, maintain healthier relationships, and prevent burnout. Prioritizing stress management helps ensure that the holiday season remains a time of joy and connection, rather than one of overwhelming stress.

HOLIDAY STRESS

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of [Tips to Beat the Holiday Stress](#). After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What is your favorite part of the holidays?
- What makes the holiday time stressful for you?
- How do you combat those stresses?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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Ladder safety during the holidays is incredibly important to prevent injuries and ensure everyone enjoys the festive season. Many people use ladders for decorating, hanging lights, or reaching high places, which increases the risk of falls and incidents. By following ladder safety guidelines you can significantly reduce the risk of injury. Prioritizing ladder safety helps keep the holiday spirit bright and accident-free.

LADDER SAFETY

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print the poster or show an electronic copy about [Ladder Safety](#) and have the group watch this short video on [Ladder Safety](#). After watching the video use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Why is it important to check your ladder before use?
- What is one important thing to remember while using the ladder?
- How would you know if you have the right ladder for the job?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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Holiday electrical safety is essential to ensure a joyful and incident-free season. With the increased use of lights and decorations, the risk of electrical fires and shocks rises significantly. By following safety guidelines, you protect your home and loved ones from potential hazards, allowing everyone to enjoy the festivities without worry. Prioritizing electrical safety not only safeguards your property but also ensures a merry and safe holiday season for all.

HOLIDAY ELECTRICAL TIPS

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [Holiday Electrical Safety Tips](#) poster, when done reviewing the sheet, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What precautions should you take when using extension cords for holiday decorations?
- What water sources do you need to think about when decorating?
- What would you do if an electrical fire started?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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Fire safety during the holidays is essential to ensure a safe and joyful season. With the increased use of electrical decorations, candles, and fireplaces, the risk of fire incidents rises significantly which makes December a particularly high-risk month for house fires. By taking these precautions, you can protect your home and loved ones, allowing everyone to enjoy the festive season without worry.

HOLIDAY FIRE SAFETY

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Print the poster or show an electronic copy about [Fire Extinguisher Safety](#) and have the group watch this short video [Holiday Fire Safety](#) video. After playing the video use the guiding questions to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What would you do if a fire started in your home?
- Does your household have a fire extinguisher?
- Does your household have a fire plan?
- When was the last time that you checked your fire alarm and carbon monoxide batteries in your house?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

Additional Resources:

- How to make a [Home Fire Plan](#)



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Lockdowns play a crucial role in safeguarding a facility's health and safety during emergencies. Whether in response to infectious disease outbreaks, security threats, or environmental hazards, lockdowns help contain and manage potentially dangerous situations. By restricting movement and access, they minimize the spread of contagions, protect individuals from external threats, and allow emergency responders to address the situation more effectively. Lockdowns also provide a structured approach to managing crises, ensuring that everyone knows the protocols to follow, which can reduce panic and confusion. Ultimately, the importance of lockdowns lies in their ability to protect lives and maintain order during critical times.

LOCKDOWN

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of [Lockdown Scenario](#) by the Continuing Care Safety Association. After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- When is a Lockdown called for?
- What can you do as a staff member when this code is called?
- Use the following Lockdown Scenarios and discuss responses.

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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