



MOUNT VERNON COMPOSITE SQUADRON



Monthly Safety Meeting

10 December 2015

Please sign roster



Holiday season can be
a time of ~~stress~~
joy...but also a very
~~peaceful~~ hectic time
which can put you at
~~ease~~ risk.





Tree and decorations

- Live tree: keep watered, and away from heating ducts and fireplace and candles
 - Artificial trees should be flame retardant
- Candles: if lit, place in sturdy holder and away from children
- Holiday lighting:
 - No frayed wires or excessive kinking
 - No more than three sets on same extension cord

Fireplace safety

- Burning wrapping materials can create toxic fumes...
- Don't close the flue until fire is completely out
- Smoke detectors and fire extinguishers working?

Holiday parties

- Don't drink alcohol in excess of one per hour
 - 1 beer = 1 shot of whiskey = 1 glass of wine
 - Never drink alcohol on an empty stomach
 - Feel free to refuse alcohol regardless of pressure or encouragement to drink
- Never drink alcohol and drive

Holiday travel

- Get a good night's sleep before starting
- Leave an itinerary with someone you know
- Driving: always buckle up, follow at a safe distance, and carry emergency equipment
- Eating a big meal + driving = sleepiness

Holiday depression and stress

- Keep holiday season expectations manageable
 - Activities can be spread out... not all in one day
- Financial stress, being away from loved ones or lack of time
 - Stay within your budget;
 - Volunteer, do something for someone else
 - Life brings changes; don't set yourself up to compete with the "good ol' days"

Safe Shopping

- Be aware and alert
 - Parking lots avoid people loitering, have keys in your hand before you go to your car
 - Avoid phone usage while walking in parking lot

Safe Shopping

- Guard your wallet
 - Carry your wallet in your front pocket; carry your purse close to your body or under your coat
- Shop during daylight hours when possible
 - Always park in well lit areas with egress routes

Holiday Stress Relievers

- To avoid stress:
 - Don't blow your budget
 - Budget your time
 - Find time to exercise
 - Don't try to do everything yourself
 - Make some fun plans for January when the post holiday blues set in

Complete
your
WMIRS!!!

