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Holiday Safety Quiz

**Holiday Safe Cooking**

The Holidays are here and during this time the kitchen is the heart of the home. From baking turkey, ham, cakes, cookies and cooking other traditional dishes, the whole family takes part in the preparation of this joyous time. Therefore, keeping fire safety top of mind is important, especially when there's a lot of activity and people are home. As you prepare your holiday schedule the following are simple safety tips to keep you and your loved ones safe:

**Holiday Cooking Safety Tips per NFPA guidelines:**

- Stay in the kitchen when you are cooking on the stove top and keep an eye on the food.
- Stay in the home when baking your turkey and check on it frequently.
- When deep frying a turkey, make sure your **turkey fryer is on a sturdy, level surface and at least 10 feet from your home** and not under roof eaves. Do not move it once it is in use.
- **Make sure turkey is fully thawed out without frosts before frying it.**
- Keep children away from the kitchen and turkey fryer while cooking.
- Keep knives out of the reach of children.
- 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.
- Never leave children alone in a room with a lit candle.
- **Keep the floor clear** so you don't trip over kids, toys, pocketbooks or bags.
- Make sure your smoke alarms are working. Test them by pushing the test button.

**Holiday Season Safety Tips**

**Lighting:** Check all holiday light cords and wires to make sure they aren't frayed or broken. Don't string too many strands of lights together-no more than three per extension cord. Don't use electric lights on metallic trees. Don't forget to turn off all holiday lights when going to bed or leaving the house.

**Tree Tip- Over Prevention:** Ensure tree is adequately leveled when placing in the tree stand. Place a couple of unopened soda cans or water bottles and wedge them between the tree stand and the wall to stabilize it.

**Fire Free Holiday:** Be sure to maintain the tree well hydrated, water daily, and keep away from fireplaces, radiators, and other sources of heat. Use flameless alternatives for candles. If hanging stockings on the fireplace mantel, don't light the fireplace.

**Outdoor Décor:** When decorating outside, make sure decorations are for outdoor use and fasten lights securely to your home or trees. If using hooks or nails outside, make sure they are insulated to avoid an electrocution or fire hazard.

## Holiday Safety Quiz

1. All holiday décor must be placed how many feet from a heat source?
  - a. Two feet
  - b. Three feet
  - c. Six feet
2. True or False: Holiday lights labeled “indoor” or “outdoor” can really be placed anywhere.
  - a. True
  - b. False
3. Typically, it is safe to connect how many strings of Holiday lights?
  - a. Three
  - b. Five
  - c. Seven
4. True or false: Fires starting with candles occur at 2.5 times the daily average on December 25.
  - a. True
  - b. False
5. True or false: Real Christmas trees should be watered daily to reduce flammability.
  - a. True
  - b. False



## Shoes for Crews®

Shoes For Crews® is a vendor that offers safety boots that meet CalOSHA and California Labor Code foot protection requirements at an affordable price. Several District classifications such as maintenance, custodians, grounds keepers, etc., are covered by the regulations and are required to wear safety shoes.

### California Labor Code Section 6401

“Every employer shall furnish and use safety devices and safeguards, and shall adopt and use practices, means, methods, operations, and processes which are reasonably adequate to render such employment safe and healthful.”

### CalOSHA Subsection 3385(a) Foot Protection

“Appropriate foot protection shall be required for employees who are exposed to foot injuries from *electrical hazards, hot, corrosive, poisonous substances, falling objects, crushing or penetrating actions*, which may cause injuries or who are required to work in *abnormally wet locations*.”

Please contact Maria Lorenzana at [mlorenzana@merma.org](mailto:mlorenzana@merma.org) regarding information on how to access the **Shoes for Crews®** vendor and for questions or additional ideas on methods in which the safety boots may be covered and what each District can do to comply. I am always happy to assist with this and any safety and loss prevention need you may have.

## eBacksafe® by Future Industrial Technologies, Inc. (FIT)

Are you looking for strategies to improve culture, morale, staffing, and safety? The eBacksafe® program is perfect for you. **eBacksafe® is a great program that is free to our member districts, it is a virtual injury prevention program designed for teachers and paraeducators, however, the information and safety tips pertains to all types of classifications including maintenance, administration, and yard supervisors.** Note: Segments of the virtual safety training were customized and filmed locally to ensure that real-life wellness scenarios were addressed.

FIT has been in business for 30 years helping school districts and other organizations throughout the US protect the health and wellbeing of employees. Fatigue, discomfort, pain, and injuries are often caused by Cumulative Micro Trauma, and when employees learn how to prevent it, their quality of life at work and home improve dramatically. Contact Maria Lorenzana via email at [mlorenzana@merma.org](mailto:mlorenzana@merma.org) or by phone at (831) 296-9196 for details on enrolling your staff in the virtual eBacksafe® training program or for training on any of the topics listed on this newsletter.

# November and December Safety Calendar

<p><b>November</b></p> <p><a href="#"><u>National Safety Council</u></a></p> <p><a href="#"><u>Vision Zero Network</u></a></p> <p><a href="#"><u>Families for Safe Streets</u></a></p> <p><a href="#"><u>It Could Be Me</u></a></p>	<p><b>December</b></p> <p>Holiday Season Drunk Driving Campaign</p> <p><a href="#"><u>National Highway Traffic Safety</u></a></p> <p><a href="#"><u>Administration</u></a></p>	<p><b>December</b></p> <p>Safe Toys and Gifts</p> <p><a href="#"><u>Recall look-up</u></a></p>
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## Quiz Answers:

1. **(b) Three feet**
2. **(b) False**
3. **(a) Three**
4. **(a) True**
5. **(a) True**