



## SAFETY MATTERS

RISK  
MANAGEMENT  
NEWSLETTER

IN THIS ISSUE

NOV. 10, 2022

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## HOLIDAY SAFETY CONSIDERATIONS

**OBJECTIVE** One of the first things you think about when you think about Thanksgiving is spending time with loved ones eating good food—from turkey and all the fixings to pie. However, Thanksgiving also includes several safety issues to cover. Here are tips about food safety, fire safety, driver safety and disease prevention.

### FOOD SAFETY

WHEN IT COMES TO FOOD SAFETY, you should be aware of the possibility of food poisoning. The Centers for Disease Control and Prevention estimates that approximately **1 in 6 Americans (48 million people) get food poisoning each year**, and half of these incidents occur around the holidays.

There are a number of factors that can contribute to holiday foodborne illness, from rushing to prepare a meal for a large group to fatigue, which affects almost everyone around the holidays. Not to mention that some cooks may simply not be aware of the food preparation risk factors that can contribute to people becoming sick.

You may also want to think about any food that could be in the shared refrigerator at work—some of the condiments or leftovers may now look something like a science experiment, and it's time to get rid of them.



### FIRE SAFETY

Another unfortunate issue that comes with the holidays is fire. According to the National Fire Protection Association (NFPA), **Thanksgiving is the leading day** for home cooking fires.

Most home cooking fires involve the kitchen stove, so it's a good idea to review some cooking safety tips, even if they seem like common sense. Fire safety at home is an important topic to cover to help keep your employees safe and because of the impact that an employee who experiences a home fire would have on downtime, production and absence rate.





## TRAVEL SAFETY

One final thought about Thanksgiving safety is travel. People often travel when they have time off of work—even if a family visit isn't happening, a drive to run errands or sightsee can also affect safety.

Have you noticed drivers lately seem to have less patience and are overall more rushed to get to their destination? Driving stress often increases around the holidays as well. Drivers should be aware of traffic conditions along with the dangers of inclement weather and the need to ensure the vehicle is roadworthy—checking washer fluid, oil, wipers, the radiator, cooling system and tire pressure. It's a good idea to make sure a roadside emergency kit is stocked and ready.

## DISEASE PREVENTION

Flu activity often peaks between December and February, and November is a good time to think about preventing the spread of communicable diseases. Employees should be aware if the District offers any immunization clinics, how to go about getting their flu vaccine and the various benefits of doing so.

This is also a great time to consider general hygiene safety such as frequent hand-washing and being aware of the common viral symptoms—as well as the importance of staying home when symptoms occur.



## DID YOU KNOW?

### FATIGUE IS A SERIOUS ISSUE

The National Sleep Foundation determined that half of U.S. drivers admit to regularly driving while feeling drowsy. Although being drowsy doesn't sound all that serious, it is the same as driving impaired—but without the same social stigma that impaired driving has.

- **According to the National Safety Council (NCS)**, being awake for more than 20 hours is the same as being drunk. Even if driving isn't a function of a person's job, they will still often drive to and from work.
- The NSC research also concluded that you are three times more likely to be in a car crash when you are fatigued.
- Fatigue impairs both mental and physical performance by reducing alertness, attentiveness, reaction time and coordination.

## RESOURCES

**National Safety Council**

**Safestart**

## REFERENCES

**National Safety Council**

*This California Schools JPA fact sheet is not intended to be exhaustive. The discussion and best practices suggested herein should not be regarded as legal advice. Readers should pursue legal counsel or contact their insurance providers to gain more exhaustive advice.*





# SIGN-IN SHEET

## HOLIDAY SAFETY CONSIDERATIONS

Trainer: \_\_\_\_\_ Trainer's Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Organization: \_\_\_\_\_ Department: \_\_\_\_\_

### Class Participants:

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