



Security Spotlight

An Informational Guide for Securitas Clients

Season's eatings

From the buffet table to the office party to the family feast, food takes center stage during end of year celebrations. The Centers for Disease Control and Prevention (CDC) offers the following basic food safety tips to keep a most unwelcome guest—food poisoning—from spoiling your holiday fare.

Clean: Wash hands and food-contact surfaces often. Bacteria can spread throughout the kitchen and get onto cutting boards, knives, sponges, and countertops.



Staying healthy and safe at the year's end

End-of-year holidays are a time to celebrate while also paying special attention to your health and well-being to avoid illnesses and injuries that could spoil the festivities.

Each year during the holidays, tens of thousands of Americans make a trip to hospital emergency rooms for treatment of preventable injuries and illnesses. According to the Consumer Products Safety Report (CPSC), those numbers include about 15,000 people injured while setting up or displaying holiday decorations.

Smart choices for safe holidays

Making wise lifestyle choices, common sense, and being vigilant can help you stay safe and healthy—and out of the ER—during the holidays. The following are some examples to help ensure your holidays safe ones.

- Drink responsibly. If you consume alcohol, do so in moderation and have a designated driver. Never drink and drive.
- Be careful when using sharp objects to open gifts—especially the hard or heat-sealed plastic packages some toys come in.



Separate: Don't cross-contaminate—keep bacteria from spreading from one food product to another. This is especially true for raw meat, poultry, and seafood. Keep these foods and their juices away from ready-to-eat foods.

Cook: Cook to proper temperatures. Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause food-borne illness.

Chill: Do not leave perishable foods out for more than two hours. Refrigerate promptly. Refrigerating foods quickly keeps most harmful bacteria from growing and multiplying.



- Take care when hanging or taking down outdoor lights. Falling off a roof or ladder can result in serious injuries.
- Use a ladder or step stool indoors—not a sofa or chair—to hang decorations, ornaments, and tree toppers. Have someone spot you when possible.
- Don't overload electrical outlets. This could start a fire or cause a serious burn or electrical shock.
- Eat in moderation. Avoid overindulging on holiday foods. Be especially careful if you have high blood pressure, high cholesterol, diabetes, or heart problems.

Minimize safety hazards

The holiday season can be an especially magical time for kids. Being vigilant and aware of the unique hazards posed by some holiday elements will help keep children and pets safe. Festive plants, decorations, and gifts help make the season bright, but some of them can be dangerous if children (or pets) put them in their mouths. Keep holiday plants like poinsettia, mistletoe, and holly out of reach. Clean up any fallen berries or leaves. The berries from these plants can be toxic if swallowed and can cause nausea, vomiting, and diarrhea.

Tinsel and holiday decorations made of thin metal, plastic or glass can potentially cut or block the airway if ingested. Hang smaller ornaments

higher up on the tree.

Aromatic oils like wintergreen, eucalyptol, and other highly concentrated "essential oils" give the house a Christmas scent but can be harmful if swallowed. They may have high alcohol content or the potential to cause severe problems if ingested even in small amounts.

Small toys can be a choking hazard. If a toy can slip through a toilet paper roll, it poses a risk. Keep toys age-appropriate and free of lead paint. To check whether the gifts you are giving or receiving have been recalled, visit <http://www.recalls.gov>. Many popular toys are battery-operated. Keep an eye out for tiny batteries and small disc (button) magnets that can be found in toys and other gifts. They can be harmful if swallowed.

Just one or two ounces of alcohol left in the bottom of a glass can be fatal to a toddler. Pick up discarded cups left behind by adults during a party and put away all alcohol before going to bed. Keep the number for poison control on or near your telephone. If you suspect a child has swallowed a poisonous substance, don't wait for symptoms. Call poison control or other emergency help immediately and follow their instructions.

As security professionals, we try to think of possible hazards. We hope the tips just shared will help you enjoy the holiday season and end the year safely.

