



Holiday Safety Talk

1. Introduction (1-2 minutes)

Why It Matters:

Welcome everyone! Today's safety talk focuses on **Holiday Safety**. The holidays are a time for celebration, but they also come with **increased risks** — from road accidents and fire hazards to fatigue and stress. Whether you're working through the holidays or heading out on vacation, safety should always be part of your plan.

Each year, preventable incidents during the holidays lead to:

- Traffic fatalities
- Workplace injuries
- Fires and electrical accidents
- Mental health struggles

Let's make sure **you and your coworkers all return safely after the break**.

2. Key Safety Points (3-5 minutes)

Holiday Hazards and Safety Tips

Holiday Hazard	Safety Tips
Travel	<ul style="list-style-type: none">• Plan ahead and leave early• Don't drive drowsy or impaired• Check your vehicle (tires, wipers, fluids)• Buckle up — every trip, every seat



Mental Health & Stress	<ul style="list-style-type: none">• Check in with coworkers and friends• Take breaks and ask for help if you're overwhelmed If you're struggling, talk to a supervisor or use available employee assistance programs (EAPs)• Stay focused and avoid shortcuts• Watch out for coworkers who may be tired or distracted• Slow down and think through tasks, especially in the final days before a break
Decorations & Electrical Hazards	<ul style="list-style-type: none">• Don't overload extension cords• Use only indoor lights inside, and outdoor lights outside• Keep walkways clear of cords and decorations• Turn off lights and decorations before leaving for the day
Home Safety	<ul style="list-style-type: none">• Never leave candles or ovens unattended• Keep flammable items away from space heaters• Have working smoke detectors at home

3. Demonstration & Checklist (3-5 minutes)

- **Interactive Segment:** Invite questions and clarify any concerns.
 - What's one holiday safety habit you practice every year?
 - Have you or someone you know ever had a close call during the holidays?
 - What's our plan if we notice someone feeling stressed or burned out?

4. Conclusion (2 minute)

- **Summary:** The best gift you can give your family, your team, and yourself — is coming home safe. Whether you're on the clock or off, make safety a part of your celebration. The holidays are a time to enjoy — not recover from an avoidable accident.



- **Call to Action:** Let's all ensure we follow holiday safety tips.
 - **When to Call Emergency Services:**
 - Call 911 or local emergency services if the injury is life-threatening, or if you're unsure about the severity.
 - **Report Accidents:**
 - Always report any workplace injury, no matter how minor it seems, to your supervisor or EHS office for documentation and follow-up.
 - Ensure the injured person receives proper medical attention.
 - **Thank you:** "Thank you for your time and attention today. Safety is everyone's responsibility. Stay alert, stay safe!"
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