



# NSS MONTHLY NEWSLETTER



December 2020

## Holiday Tips to Keep You Safe

With the Holiday season upon us, there will be numerous things that all workers and their families will have on their minds. It is a challenge to stay focused at work during this time of year. This is when it is especially important to take a few seconds for safety. When you find yourself working and your thoughts running wild with all the plans and activities of Christmas, STOP, take those few short seconds to look around and come back to the present moment.

- **Prepare your home for the holidays – and safety.** Make sure you have a working carbon monoxide detector, smoke alarm, fire extinguisher and a first aid kit.
- **Decorate with safety in mind.** Never leave burning candles unattended and keep them away from children and pets, decorations and wrapping paper. Cut candle wicks short to prevent a high flame, and if candles are used in a centre piece, make sure they don't burn low enough to ignite the decoration.
- **Make your tree safe.** When buying a real tree, check that it is fresh (needles are hard to pull off). Water the tree daily - trees can consume up to four litres of water a day. Place the tree away from high traffic areas, doorways, heating vents, radiators, stoves, fireplaces and burning candles. If young children are around, use safe decorations.
- **Keep lights bright.** Only use lights that have been certified by a recognized organization such as CSA, ULC or C-UL. Check the light strings and extension cords, throwing out any that are frayed or have exposed wires, loose connections or broken sockets. Never run electrical cords through doorways or under carpets.
- **Prepare your car for an emergency.** Install winter tires and make sure windshield washer fluid is always topped up. Prepare a kit to keep in your vehicle in case of an emergency, with items such as a blanket, a candle in a deep can and matches, and first aid kit with a seat belt cutter.
- **Prevent illness.** Protect yourself and others from getting ill. Please keep in mind the recommendations from Public Health Sudbury and Districts regarding frequent hand washing for at least 20 seconds and wearing a face mask when closer than 2 metres to others. These are the most effective ways to prevent infection, and to keep from spreading viruses to others.

NSS is pleased to announce the newest member of our team. Kristyna is our new Office Administrator.

**Have a Safe and Happy Holiday Season from the Staff and Management at  
Northern Safety Solutions and Workplace Management Systems**



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