



Health and Wellness Tip of the Week - Week 52

December 29, 2014

Monthly Topic

December is *Safe Toys and Gifts Month*. It's the perfect time to remind employees about toy safety and winter safety as well.

Keep The Home Fires Burning

Winter often brings to mind thoughts of taking it easy next to a warm fire with a good book. Before you curl up with that book, make sure your home is safe. An estimated 54,500 heating fires take place each year. After cooking, heating is the second leading cause of fires in the U.S. home. So keep these safety tips in mind:

- 🎄 Have your heating unit put in by trained experts.
- 🎄 Have heaters and chimneys cleaned and checked by experts at least once a year.
- 🎄 Make sure you don't overload circuits.
- 🎄 Use the right fuel for fuel-burning space heaters and follow safety measures.
- 🎄 Make sure all fuel-burning heaters and hot water heaters are vented to the outside. Put in CO detectors and keep them in working order.
- 🎄 Have a screen on your fireplace to keep sparks from getting into the room. Burn only dry wood and let ashes cool before throwing away in a metal holder, away from the house. Make sure the fire is out before going to bed.
- 🎄 Put smoke alarms on all floors of your home. Check and clean each month. Having a working smoke alarm lowers your chances of dying in a fire by nearly 50 percent.

Sources: U.S. Consumer Product Safety Commission; National Fire Protection Association; U.S. Fire Administration



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