

Health & Wellness

Tip of the Week

December is all about **Safe Holidays**. It is the perfect time to remind you about the importance of staying healthy and safe this holiday season.

Week 50
December 12, 2016

Winter Safety Tips

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. Heating fires are one of the top causes of home fire deaths. 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 all fuel-burning heaters and hot water heaters are vented to the outside. Carbon monoxide (CO) fumes from these types of appliances kill more than 200 people each year.
- 🌲 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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