Central Michigan University employees are committed to promoting safety at work, on-campus, as well as, at home.

The mission of Environmental Health & Safety is to promote safety and protection of human and physical assets of Central Michigan University. To assist in developing a safe campus environment, EHS provides information encouraging the campus community to practice safe habits at work and at home. Please feel free to share this information with others. The EHS newsletter is for information sharing only.

The holidays are an exciting time of year for adults and kids, below are some safety tips to ensure a safe holiday and new year’s eve.

**TREES**

- When purchasing an artificial tree, look for the label “Fire Resistant.”
- When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and do not block doorways.
- Be sure to keep the stand filled with water; heated rooms can dry live trees out rapidly.

**LIGHTS**

- Check all tree lights, even if you have just purchased them before hanging them on your tree. Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.
- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
- Before using lights outdoors, check labels to be sure they have been certified for outdoor use. To hold lights in place, string them through hooks or insulated staples. Never pull or tug lights to remove them.
- Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
- Turn off all lights when leaving or going to bed; the lights could short out and start a fire.

**DECORATIONS**

- Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles made of plastic or nonleaded metals.
- Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.
- In homes with small children, take special care to avoid decorations that are sharp or breakable. Keep trimmings with small removable parts out of the reach of children to prevent them from swallowing or inhaling small pieces. Avoid trimmings that resemble candy or food that may tempt a young child to eat them.
Safety Says

Holiday and New Year’s Eve Safety Tips

Environmental Health & Safety

- Wear gloves to avoid eye and skin irritation while decorating with spun glass “angel hair.” Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.
- Remove all wrapping papers, bags, paper, ribbons and bows from tree and fireplace areas after gifts are opened. These items can pose suffocation and choking hazards to a small child and/or pet, and can cause a fire if near flame.

TOY SAFETY
- Select toys to suit the age, abilities, and skills of the child. Toys too advanced may pose safety hazards for younger children.
- To prevent both burns and electrical shocks, don’t give young children a toy that must be plugged into an electrical outlet.
- Children under age three can choke on small parts contained in toys or games. Government regulations specify that toys for children under age 3 cannot have parts less than 1 1/4 inches in diameter and 2 1/4 inches long.
- Watch for pull toys with strings that are more than 12 inches in length. They could be a strangulation hazard for babies.

FOOD SAFETY
- Bacteria is often present in raw foods; thoroughly wash raw vegetables and fruits before consuming.
- Keep hot liquids and foods away from edges of counters and tables, where they can be easily knocked off or over by a child’s exploring hand.
- Always keep raw foods and cooked foods separately; use separate utensils when preparing.
- Always thaw meat in the refrigerator, never on the countertop.

FIREPLACES
- Before lighting any fire, remove all greens, boughs, papers, and other decorations from the fireplace area. Check to see that the flue is open too.
- Use care with “fire salts”, which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting.
- Do not burn wrapping papers in the fire place. A flash fire may result as wrappings ignite suddenly and burn intensely.

PLANTS
- Small children may think that holiday plants look good enough to eat. But many can cause severe stomach problems. Plants to watch out for include: mistletoe, holly berries, Jerusalem cherry, and amaryllis.

STRESS
- The holiday season is one of the most stressful times of the year. Allow enough time to shop rather than hurry through stores and parking lots.
- Plan to do a reasonable number of errands.
- When shopping, make several trips out to the car to drop off packages rather than trying to carry too many.
- Take time out for yourself; relax, read or enjoy your favorite hobby at your own place.
ALCOHOL, PARTIES AND DRIVING

The holiday season is one of the deadliest times of the year for alcohol-related crashes. MADD (Mothers Against Drunk Driving) estimates that “each year nationally, more than 1,000 people typically die during Thanksgiving to New Year’s in drunk driving crashes” (MADD, 2006). Because of increased consumption of alcohol and an increase in the number of special events and parties, drinking and driving is more prevalent. Ironically, drinking and driving crashes are one of the most easily preventable catastrophes. Preventing drinking and driving is simple; follow these steps to ensure safety during the Holidays.

- If you drink, don’t drive, no matter how little you think you have had.
- Designate a driver before you arrive at an event or party.
- If hosting a party, make sure to set rules on drinking and driving. Offer to provide a ride home or a place for guests who drink to sleep.
- Educate family, friends and co-workers about the risks of drinking and driving. Provide them with pamphlets or give MADD information and statistics to help bring awareness to the drinking and driving problem.
- If possible, avoid driving during the early and late evening hours on holidays like Thanksgiving, Christmas and New Years. Protect yourself and passengers by wearing a safety belt at all times, in case of a crash.
- Being a smart party host includes being sensible about alcoholic drinks. More than half of all traffic fatalities are alcohol-related. Use designated drivers, people who do not drink to drive others home.

To determine fatalities during holidays, the traffic fatality data from the U.S. Department of Transportation is used based on the average amount of deaths that are tracked since 1982. Deaths were counted for just one day not over a weekend or period.

Christmas Day
- Number of fatalities in 2008: 420
- Average number of fatalities per year since 1982: 414
- Average percentage of alcohol-related fatalities since 1982: 42%

New Year's Day
- Number of fatalities in 2008: 423
- Average number of fatalities per year since 1982: 401
- Average percentage of alcohol-related fatalities since 1982: 42%

In 2008, an estimated 11,773 people died in drunk driving crashes involving a driver with an illegal BAC (.08 or greater). These deaths constitute 31.6 percent of the 37,261 total traffic fatalities in 2008. (Source: NHTSA, 2009)

FUN FACTS

Germany made the first artificial Christmas trees. They were made of goose feathers and dyed green.

If you received all of the gifts in the song "The Twelve Days of Christmas," you would receive 364 gifts.

In Mexico, wearing red underwear on New Year's Eve is said to bring new love in the upcoming year.

Christmas became a national holiday in America on June, 26, 1870.

The first state to recognize the Christmas holiday officially was Alabama.

Clearing up a common misconception, in Greek, X means Christ. That is where the word "X-Mas" comes from. Not because someone took the "Christ" out of Christmas.

CONT…..on next page for DUI Pictures.
Safety Says

Holiday and New Year’s Eve Safety Tips

Environmental Health & Safety

He Doesn't Remember
By Lisa Peele

There she stands weeping
Running tears of sorrow
No more hugs and kisses good nite
There is no more tomorrow

Her heart is broken
Shattered pieces of pain
It happened late at night
In a storm riddled with rain

They never saw him coming
The drunk in his car
Twisted metal and broken glass
Caused by a man leaving a bar

His life was taken
By a person unknown
He doesn't remember
No scratches nor broken bone

He sits alive in his cell
Paying for his sins
She lost her son
But he still has his

Has justice been served
For this drunk in a car?
Will he drink and drive again
And leave another bar?

Each picture involved alcohol.

Got more information on drunk driving go to www.duipictures.com.

Have a Happy Holiday Season and don’t let this be YOU!!!!

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