

Annual Safety Gift Guide

Giving the gift of safety shows you care for someone and their well-being. Here are some ideas for everyone on your list.

For the traveler:

1. Portable door locks — they're easy to install and remove, and provide added protection when traveling.
2. TSA-approved luggage straps — they keep baggage from accidentally opening.
3. RFID travel wallet, purse or belt — they protect against electronic theft. Some items include theft insurance with purchase.

For parents:

1. Baby car cameras for the back seat — these help parents keep an eye on their little ones while they're driving.
2. Personalized kid safety bracelets — these can be marked with mom and dad's phone numbers.
3. Faucet protectors for bathtubs — these keep little ones' heads safe from accidental bumps.



For everyone:

1. Smart jewelry — many pieces offer features, such as emergency calling, GPS tracking and distress signaling. Some jewelry also have fall detection, heart rate monitoring and activity tracking.
2. Multiple-tool tactical pen — in addition to being a functioning pen, this tool also can break glass in an emergency.
3. Doorstop alarm — these alarms can be wedged under doors at home or while traveling for extra protection.

SAFETY CORNER

Taking Breaks for Safety's Sake

The importance of taking breaks at work can't be underestimated. While breaks serve to rejuvenate and lead to better production, they can also prevent fatigue, which could lead to injury depending upon your job. Breaks can improve focus, which in turn keeps you safe from distractions that could cause an accident. Taking breaks, especially if your job entails a repetitive motion, can help prevent ergonomic-related injuries. Additionally, employees who take regular breaks have less stress and burnout. It can be as simple as walking away from your work area for a few minutes, standing and stretching, or getting a drink of water. **Note:** Always follow your employer's break schedule if one exists.



10 Ways to Deck the Halls — Safely

Decorating for the holidays brings joy to many people (except for those tangled lights). However, while making your home or office look festive keep safety in mind with these tips:

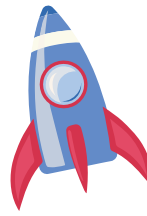
- 1 Place your tree away from fireplaces and other heat sources, walkways and doorways.
- 2 Make sure your tree is drinking water by cutting off at least two inches from the trunk immediately before putting it in a tree stand. Refresh water once or twice daily to make sure the stand doesn't run dry. **Note:** If the tree becomes too dry, don't use the Christmas lights.
- 3 Follow directions if you use artificial snow spray — it can irritate your lungs if inhaled.
- 4 Make sure all tree trimmings are flame-resistant and noncombustible.
- 5 Use lights approved for safe use by an independent testing laboratory. Don't use damaged light sets.
- 6 Avoid using ornaments that have small parts or look like candy if small children live in or visit your home.
- 7 Turn off all lights inside and outside when leaving your home or going to bed.
- 8 Avoid using electric lights on a metallic tree.
- 9 Never burn candles near your tree or any greenery that you use to decorate. Extinguish candles when you leave the area.
- 10 Do not burn wrapping paper in the fireplace. The ink in wrapping paper can emit toxic fumes when burned. Also, paper burns intensely, creating more of a fire hazard, especially if there is creosote in your chimney. **Tip:** Get your fireplace cleaned annually.





December is Safe Toys and Gifts Month.

Giving Safe Gifts for Kids



Even though your heart may be in the right place when giving gifts to children, you also have to keep safety in mind. That means buying age-appropriate toys.

The U.S. Consumer Product Safety Commission (CPSC) reported that emergency rooms treated 209,500 toy-related injuries in 2022. To prevent these incidents, the CPSC has set up toy safety standards and mandates testing by independent and third-party labs worldwide. These regulations also impose strict limits on lead and phthalates in toys.

While the mandates are helpful, you also need to do your homework by carefully reading and following age restrictions so that toys match children's age and skill levels.

Here are some other tips to find that perfect gift:

- Purchase only toys that meet American Society for Testing and Materials (ASTM) standards.
- Avoid buying toys with sharp edges or points.
- Choose toys that are well-made with durable construction.
- Avoid toys with small or loose parts that could choke a child. Buy toys that are at least one inch in diameter and

two inches in length so they can't get stuck in a child's throat. **Note:** Toys, such as marbles and magnets, can easily cause choking.

→ Stay away from giving toys that make loud or shrill noises, which can damage children's hearing.

→ Purchase only UL-approved electric toys.

→ Steer clear of toys with string or ropes that are more than seven inches long. These could cause strangulation.

→ Follow toy instructions for safe use.

→ Don't give young children adult jewelry.

→ Avoid buying toys that fly or shoot objects.

→ Make sure battery compartments can only be opened with a screwdriver. Batteries, especially button batteries, are choking hazards.

→ Check that toys say **non-toxic** on their labels.

→ Visit the CPSC for recall information at [cpsc.gov](https://www.cpsc.gov).



Watch for Black Ice

Black ice can look like a wet road, but if you see vehicles in front of you skidding or notice tire skid marks or shiny spots, slow down.

Here are some tips if you encounter black ice:

Brake with care. If you start skidding, apply firm pressure on your brakes to activate the anti-lock brake system (ABS). If your vehicle doesn't have ABS, gently pump the brakes.

Remove your foot from the accelerator and coast across the ice until you gain traction.

Shift to a lower gear if feasible.

Try to keep the steering wheel straight. If you start to skid, steer in the direction of the skid if your back end is sliding. If it's your front end, steer in the opposite direction.

Remove all distractions, including mobile phones — you need to fully focus on driving.



Reporting Near Misses

OSHA defines a near miss as a "potential hazard or incident in which no property was damaged, and no personal injury was sustained, but where, given a slight shift in time or position, damage or injury easily could have occurred."

While near misses are something to be avoided, they can also be a learning opportunity for employers and employees. They allow both to identify hazards or possible weaknesses in their safety procedures. Near misses can also allow employers and employees to isolate and correct root causes of the incident(s) to prevent future mishaps.

Near misses, no matter how minor, must be reported. Use your company's reporting procedures or answer these questions to help you correctly report a near miss:

- When did it occur — date and time? Was it early or late in the day? Was it dark? Poor lighting?
- In what part of the building or work area did the incident occur?
- Were there any witnesses? If so, list names and contact information.
- Explain the circumstances. What do you believe caused the near miss? Human error? Machine malfunction?
- What were the events that led up to the near miss?
- Was weather a factor? Was it raining? Snowing?
- Was everyone wearing the proper protective gear?
- Were all safety procedures followed?
- What was the loss potential? Was it a life-threatening situation? A minor injury? Property damage?
- Have there been similar near misses? **Note:** Pay attention to patterns.
- How can you help prevent this from happening again?



The Smart Moves Toolkit, including this issue's printable download, [Why Are You So Tired?](https://www.personalbest.com/extras/24V12tools), is at [personalbest.com/extras/24V12tools](https://www.personalbest.com/extras/24V12tools).