



Dangers of the Holidays

Learning Objectives

1. Identify hazards commonly associated with our holidays and celebrations
1. Put into place common sense ways to protect special populations during the holidays

Conflict of Interest

None - except I DO celebrate all holidays!

New Years Eve

Drinking Too Much

- Set limits for yourself before going out
- Stay away from fruity or sweet drinks
- Take small sips making your drink last
- Pace yourself



New Year's Eve

Drunk Driving, Biking or Walking

- Make sure you have a designated driver
- Even if you are riding your bike, you can be ticketed for DUI
- Don't walk by yourself
 - Impaired reaction time and judgement
 - Can stumble into street
 - Can get lost or fall into street

Drunk Driving, Biking or Walking

New Year's Eve is the deadliest day for pedestrians



New Year's Eve

Something is Slipped Into Your Drink

Keep your drink with you and be aware of your surroundings

If you put your drink down or have to leave it unattended, do NOT drink from it, get a new one!

Don't accept a drink from someone you don't know.

If you do decide to however, go to the bar with them and be there as it is made.

Never feel bad about protecting yourself!

New Year's Eve

Fireworks Injuries

If you're going to light fireworks, don't drink

Light one firework at a time

Keep a safe distance between you and the fireworks

Light them in an open space

Fumes can trigger asthma attacks in asthmatics

New Year's Eve Becoming a Victim of Gunfire

Many people like to shoot guns off on New Year's Eve

Bullets fired into the air can travel 2 miles

As bullet falls, it can reach speeds of 300-700 ft/sec

A bullet can penetrate the skull at 200 ft/sec

Don't go outside 10 minutes before and 10 minutes after midnight

St. Patrick's Day

One of the deadliest holidays due to number of drunk drivers on the road

More drunk drivers are arrested on St. Patrick's Day than any other holiday

Most of those were men

On St. Patrick's Day, decide if you will drink or drive

You can't do both!

Designate someone to be sure everyone in your group gets home safely



St. Patrick's Day

There is no such thing as "OK to drive"

Walking is not necessarily a better option

In 2014, 35% drunk pedestrians had BAC of .08 or higher

Don't get into the car with someone who has been drinking

Call 911 if you see a drunk driver on the road

Take the keys away from friends or family members who are about to drive impaired - they will thank you in the morning!

4th of July

Car Accidents

4th of July ranks behind only Thanksgiving

as the deadliest day to drive.

Travel the day before and after the 4th

Don't drink and drive, wear seatbelts!



4th of July

Cooking Accidents

Cooking fires are the most common insurance claim for the 4th of July

US Fire Administration statistics show that there are more fires reported on the 4th of July than on any other day of the year

Never leave the grill or other fire unattended

Be sure the flames are not too close to flammable material

4th of July

Cooking Accidents

Turn off the grill or extinguish the fire

Be sure to clean the grill before using

Do not use gas to light the grill



4th of July

Fireworks Accidents

Keep kids away from fireworks

Don't try to relight duds

Keep a water supply closeby

Light only one firework at a time



4th of July

Fireworks accidents

Never carry fireworks in your pockets

Wear eye protection

Douse firework with water after it is done burning

Best way to stay safe - leave the fireworks display to the professionals!

4th of July

Boating Accidents

Coast Guard statistics show that boating accidents on the 4th of July account for more than 1/3 of all boating accidents reported annually

Injuries range from crashes to fatalities

Often involve fireworks and alcohol

Drinking and boating don't mix



4th of July

Boating Accidents

Wear a life jacket

Make sure your boat and its equipment are working properly

Know basic emergency procedures

Never operate a boat while drinking

Be aware of boats, swimmers, weather

Use common sense!

Christmas

It's the most wonderful time of the year but for emergency room physicians it is one of the busiest!



Christmas

Poisonings: Mistletoe

Parasitic plant

Druids believed that it possesses mystical powers which bring good luck into a household and wards off evil spirits. Used as a sign of love and friendship in Norse mythology

Berries are poisonous to humans



Christmas

Poisonings: Holly

Ingestion of 20 berries may be fatal to children

Leaves if eaten can cause diarrhea, nausea, vomiting



Christmas

Poisonings: Poinsettias

Rarely poisonous to humans although ingestion can cause vomiting, drooling or diarrhea

The milky sap can cause skin irritation



Christmas

Poisonings: Jerusalem Cherry

Poisoning can result from eating any portion of the plant but the berries are the most dangerous

Effects are mainly gastrointestinal

Also can cause CNS symptoms: fever, delirium, hallucinations, dilated pupils, paralysis

Call 911



Christmas

Other poisonings:

Alcohol

Bubble Lights

Spray snow

Food poisoning

Christmas

Choking and Swallowing

Small ornaments, light bulbs, tinsel and small toys

Holiday foods: peanuts, popcorn, candies

Tree needles

Ornament hangers

Angel hair (spun glass)



Christmas

Fire

Keep your real tree in a sturdy stand and make sure it is well watered

Keep your tree away from heat sources

Don't use real candles on a tree or light them anywhere near a tree

Don't overload circuits or outlets and make sure electrical cords are not cracked

Have your fireplace inspected and make sure smoke detectors are working

Christmas

Car Accidents

Buckle up

Avoid evening travel when possible

Don't drink and drive

Use proper car seats

Keep eyes open and stay alert

Christmas

Falls

Misuse of ladders can land you in the ER

Be sure your ladder is on solid, level ground

Face the ladder at all times



Christmas

Burns/Cooking Injuries

Keep oven doors closed

Turn pot handles away

Don't let kids cook without adult supervision

Watch the candles



Christmas

Dust, Mold and Allergies

Live trees bring in molds, dust, pollen and bugs

Dust, dirt and mold in stored ornaments

Wash and dust ornaments

Spray Christmas tree before bringing into the house or invest in an artificial tree if severely allergic

Clean your furnace filter

