



# Tips to enjoy your Holiday Season Safety

## from Estero Fire Rescue

Submitted by Susan Lindenmuth, Public Relations Manager

The long holiday season is full of opportunities for people to get together for fun, food, and sharing. By following some simple precautions, you can make the holidays safe for yourself, your family and friends.

**Be watchful of dangers to children.** Teach them to stay away from candles, fireplaces, fireworks, space heaters, matches, and lighters. Holly and mistletoe can be poisonous to small children and pets.

**Choose toys wisely.** Pass up those that could be highly flammable or a choking hazard. Make sure electric toys are labeled for fire safety, and keep them away from your tree. Be sure to check for toys that may be recalled by the manufacturer

**Wrap it up!** Dispose of gift wrappings soon after opening presents. A room full of paper lying around on the floor and furniture is yet another holiday hazard. Do not burn wrappings in a fireplace; they may ignite suddenly and cause a flash fire

**Check out lights.** Make sure all holiday lights are tested for safety. You can identify these by a “UL” label from Underwriters Laboratories. Replace any worn sets or those with loose connections. Outside, use lighting labeled for outdoor use. Inside, do not overload outlets. Never put lights on a metal tree. And always unplug everything before you leave your home or go to bed.

**Choose a fresh tree.** Look for one without shedding needles. Trim the trunk at an angle before you put it in a non-tip stand. Make sure it is watered constantly and placed away from all exits and sources of heat. All artificial trees should have labels which indicate they are fire retardant.

**Care with candles.** Always put candles in candlesticks before you light them. Do not use them in decorations or displays. Keep candles away from curtains or other combustibles materials. Never put them in windows or near exits. And never leave candles in the reach of unsupervised children or pets. Always blow out candles when you leave a room.

**Have a fire safe fireplace.** Have it professionally inspected at least once a year and cleaned if necessary. Don't burn anything but dry wood, as paper can fly out of the chimney. Have a spark arrester installed on top of the chimney to cut hazards. Use a metal fire screen, put ashes in metal containers and never store them in your home.

Visit our web site at [www.esterofire.org](http://www.esterofire.org) for further information on holiday safety as well as video links.

**Looking at making some changes in your health lifestyle?** Check out the Healthy Life Center at Coconut Point sponsored by Lee Health (formerly Lee Memorial Health Systems). They have an array of free lectures and services to make sure you are the healthiest you can be. Check out their website at <http://www.leehealth.org/facilities/healthy-life-center.asp>.

Here is the information for their next free lecture:

### **Integrative Approaches to Compliment Traditional Medications for Parkinson's Disease**

Presenter: Heather Auld, MD

Date: Wednesday, December 14

Time: 3-4pm

Where: Healthy Life Center at Coconut Point

23190 Fashion Drive, Suite 105

Estero, FL 33928

Cost: FREE

RSVP: 239-495-4475

*The members of Estero Fire Rescue would like to take this opportunity to thank everyone for their continued support and want to wish you a safe and healthy holiday season. From our family to yours...Happy Holidays!*