

# EC SAFETY SOLUTIONS NEWSLETTER



Festive Edition

December 2024

## Welcome

Season's Greetings! Let's keep this festive period safe and healthy. As the holiday season approaches, we all look forward to festive cheer and a well-deserved break. However, this time of year also brings unique risks that can lead to accidents and injuries in the workplace. By following a few simple safety tips, we can ensure a joyful and accident-free Christmas period.

### Top Tips for a Safe and Merry Workplace Christmas:

#### 1. Decorate with Care:

- **Secure Decorations:** Ensure all decorations, especially heavy or breakable ones, are securely fastened and out of walkways. Avoid placing decorations in areas that might block emergency exits or safety equipment.
- **Watch for Tripping Hazards:** Christmas trees, lights, and extension leads can create tripping hazards. Keep walkways clear and use cable covers for any wires that cross pathways.
- **Use the Right Equipment:** Avoid standing on desks or chairs to hang decorations. Always use a sturdy step ladder to reduce the risk of falls.

#### 2. Electrical Safety:

- **Check Lights and Equipment:** Inspect all Christmas lights and electrical decorations for damage before plugging them in. Frayed wires or broken sockets can increase the risk of fires.
- **Don't Overload Outlets:** Avoid plugging too many devices into one socket. Overloading outlets can cause overheating, potentially leading to fires.
- **Turn Off Decorations at Night:** Ensure all lights and electrical decorations are switched off when not in use, especially overnight.



#### 3. Fire Safety:

- **Clear Emergency Exits:** Never block fire exits with decorations or extra holiday supplies.
- **Fire Risk from Candles:** be extremely careful. Avoid placing them near flammable materials like curtains or paper decorations. Better still use battery operated candles
- **Keep Extinguishers Accessible:** In case of a small fire, knowing where the extinguishers are can make a big difference. Take a moment to review emergency procedures.

#### 4. Keep Walkways Free of Seasonal Hazards:

- **Beware of Wet Floors:** Rain and snow can create slippery surfaces near entrances. Use floor mats and caution signs to prevent slips and falls.
- **Use Caution Outdoors:** Winter weather brings icy steps and pavements. Wear appropriate footwear and be cautious when walking outside.

#### 5. Healthy Holiday Habits:

The holiday season often brings an abundance of treats, which can lead to overindulgence. Here are some tips to help you stay healthy while still enjoying the festivities:

- **Stay Hydrated:** Keep water nearby, as holiday drinks can be dehydrating.
- **Eat Mindfully:** Enjoy treats in moderation to avoid feeling sluggish or unwell.
- **Get Enough Rest:** The busy season can be exhausting—try to get a good night's sleep to stay alert and focused.

#### Safety Reminders for Holiday Events:

If your workplace hosts a Christmas party, remember these tips to help everyone celebrate safely:

- **Drink Responsibly:** If alcohol is served, enjoy it responsibly and ensure there are options for non-alcoholic drinks.
- **Plan Safe Transportation:** Arrange for safe travel options if anyone is celebrating outside the office.
- **Be Aware of COVID Precautions:** If gathering indoors, follow any guidelines for ventilation, mask-wearing, or distancing as needed.

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## Manage Mental Health and Stress:

The holidays are meant to be joyful, but they can also trigger depression and stress. According to research, almost half of adults have experienced loneliness during the festive period. Loneliness, stress and burnout can be real problems. Some call this the holiday blues so check-in with loved ones and prioritise your mental health by managing stress effectively.

### Give yourself a little self-care this holiday season:

- **Get enough sleep** prioritise getting to bed so you can rest and recharge throughout the holiday chaos.
- **Get outside** fresh air, sunshine (even behind clouds), and movement all help stave off the holiday blues.
- **Stay hydrated** and nourish your body with healthy meals and snacks.
- **Connect** with friends and loved ones who fill your cup (instead of draining it dry).
- **Step away from social media.** Those "perfect" holiday posts by influencers can make you feel not good enough.
- **Take a timeout** whenever you start to get overwhelmed. Timeouts aren't just for Children. Walk away for a bit or hide in another room. Give yourself time to breathe



## Useful resources:

- [A Christmas Tiptle to Far - The Law on Workplace Drinking](#)
- [The 12 Days of Christmas - The Health and Safety Version](#)
- [How Does Santa Stay Safe at Christmas](#)

## Enjoy a Happy and Accident-Free Festive Season!

Following these safety tips and staying mindful of your surroundings can ensure a safe and joyful holiday season for you, your loved ones and your colleagues.

Remember, the holidays are about creating memories, and safety should be a top priority to enjoy them to the fullest.

From our team to yours may we wish you a joyful and safe Christmas and a Prosperous 2025

## THE TWELVE MYTHS OF CHRISTMAS

- 1 WORKERS ARE BANNED FROM PUTTING UP CHRISTMAS DECORATIONS IN THE OFFICE**
- 2 INDOOR CHRISTMAS LIGHTS NEED A PORTABLE APPLIANCE TEST (PAT) EVERY YEAR**
- 3 YOU CAN'T THROW OUT SWEETS AT PANTOS**
- 4 SANTA NEEDS A SEATBELT IN HIS SLEIGH**
- 5 SECOND HAND TOYS CAN'T BE DONATED FOR 'HEALTH & SAFETY' REASONS**
- 6 TRADITIONAL SHOPPING CENTRE CHRISTMAS TREES SCALED BACK OR REPLACED BY ARTIFICIAL ALTERNATIVES**
- 7 SEATS REMOVED FROM SHOPS - DESPITE WEARY CHRISTMAS SHOPPERS WANTING TO REST THEIR FEET**
- 8 CAROL SINGERS ARE A HEALTH AND SAFETY RISK**
- 9 CHILDREN ARE BANNED FROM THROWING SNOWBALLS**
- 10 IF YOU CLEAR SNOW FROM OUTSIDE YOUR BUSINESS OR HOME YOU ARE LIKELY TO GET SUED**
- 11 HEALTH AND SAFETY PREVENTS PEOPLE PUTTING COINS IN CHRISTMAS PUDDINGS**
- 12 ELF N SAFETY RUINS CHRISTMAS!**



The team at EC Safety Solutions have signed up to support 'Save the Children' again this year and are taking part in Christmas Jumper Day 2024 on Thursday the 12th December. You can support this great charity and our collective festive effort by donating via our JustGiving link below:

[EC Safety Solutions - Save the Children](#)

## In the News

- [HSE publishes annual work-related ill health and injury statistics for 2023/24](#)
  - [Stress Awareness Week: Employers have to fulfil legal duty.](#)
  - [Ginsters owner fined £1.28m after employee crushed to death by lorry.](#)
  - [Wood panelling firm fined £400,000 after injured worker loses leg](#)
  - [Fine for council after man killed by falling tree](#)
  - [Company fined after an explosion seriously injured two employees](#)
  - [Company fined £1.6m following the death of 'happy-go-lucky' 24-year-old](#)
- [www.ecsafetysolutions.com](http://www.ecsafetysolutions.com)