

# Army *Safety* Gram

## Leading on the Edge for Safety *Excellence*

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## Thanksgiving Safety

Thanksgiving is the first of three holidays we will celebrate as a community between now and the coming of the New Year. It is on this special day that we remember the 110 Pilgrims who bravely left the security and familiarity of their homes in England in 1620 in pursuit of religious freedom in the New World. For many, this is the happiest holiday time of the year, a time for family gatherings, good fellowship, laughter, and most of all, thanks giving. It is a time when we should step back and reflect on our blessings and all the good that surrounds us. We must also look at how we can ensure this is a safe and joyous season for all.

### *Holiday Driving Safety Tips*

Over the next six weeks, our employees and their families will travel to various destinations in both our local area and around the country to share this joyful season with family and friends. Thanksgiving weekend is statistically the most highly traveled of the year. The crowded roads and potential for adverse weather have made this long weekend one of the most dangerous in terms of potential traffic accidents. During this time, it is especially important that we, as leaders, ensure our soldiers and their families are aware of these potential dangers. Here are a few tips to help keep holiday travel safe and healthy:

- ♦ Take your car in, have it checked over, make sure it's ready for travel
- ♦ As you get out in the car, be sure and wear your seatbelt.
- ♦ Make sure you're plenty rested when you drive and take frequent rest stops.
- ♦ Check the local radio stations for the latest traffic updates.
- ♦ Never drink and drive
- ♦ Always pay attention to the road, don't get distracted with cell phones, maps, GPS, etc.



### *Holiday Cooking Safety Tips*

Thanksgiving is also the time of year where kitchen and food safety need emphasis. Home fires and other tragedies occur every year during the holidays. No matter what your Thanksgiving meal traditions may be there are a few tips to help keep holiday meals safe and healthy:



- ♦ Avoid loose-fitting clothing while cooking
- ♦ Never leave the kitchen unattended when cooking
- ♦ Follow all thawing and cooking instructions
- ♦ Make sure hot food is served hot and cold food is served cold
- ♦ Always turn pot handles inward.
- ♦ Don't store items on the stove top - they could catch fire.
- ♦ Keep kitchen appliances clean and in good condition -- turn off after use
- ♦ Don't overload electrical outlets or use electrical appliances near water
- ♦ Equip the kitchen area with smoke detectors and an all purpose fire extinguisher.

***Have a wonderful Turkey Day.  
Come back safe and sound.***