

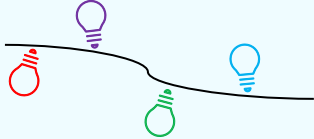
# MCLB ALBANY SAFETYGRAM

## 8 HOLIDAY SAFETY TIPS

From decorating to holiday travel, these tips will keep the whole family safe this season.

### 1 DECORATING BUDDY

To keep the holidays injury-free, have a friend or loved one assist you in carrying decorations and spotting you while using a ladder.



### 2 CHECK HOLIDAY LIGHTS

Inspect lights for frayed wires, broken sockets, or loose connections before use. Turn off lights before leaving the house or going to bed.

### 3 GIFT WRAPPING STATION

Instead of sitting on the floor to wrap presents, set up a station with a supportive chair and all your supplies within arm's reach.



### 4 SHOP AND DROP

To avoid strain, regularly drop heavy shopping bags at your car and wear supportive shoes for extended periods of standing or walking. Online shoppers should maintain an ergonomic position while sitting to prevent "tech neck".

### 5 BOOK THE AISLE SEAT

For pain-free travel, opt for the aisle seat when flying, taking a train, or riding a bus, making it easier to stand and stretch your back. Don't forget to bring a lumbar support pillow for added comfort during your travels.

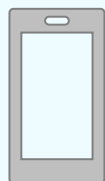


### 6 PLAN AHEAD

Check weather, traffic, and road conditions before you leave the house and be prepared for any potential disruptions or emergencies. Sign up for alerts from airlines or travel agencies for real-time updates.

### 7 SERVICE YOUR CAR

Have your vehicle checked thoroughly before long road trips and plan your route in advance. Take regular breaks to avoid fatigue and obey traffic laws.



### 8 AVOID DISTRACTIONS

Minimize distractions while driving by refraining from using your phone, eating, or adjusting the radio. Stay focused on the road and keep your attention on driving.

For more tips on holiday safety visit <https://www.nsc.org/community-safety/safety-topics>



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