

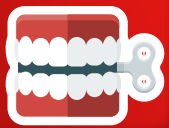
health & safety

12 TWINKLING TIPS FOR CHRISTMAS

1 If you're getting gifts this year, don't leave it until the last minute, busy shops, panic buying, and traffic congestion can all increase stress levels. Christmas should be a time to relax.



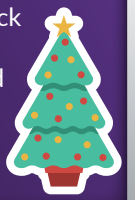
2 Talking of gifts, no one wants a trip to A&E, so make sure gifts are age appropriate. Small items pose a choking hazard for children (or can end up in ears, or up noses!).



3 Decorate with care, don't use decorative lights that are damaged, keep candles away from decorations and never leave them unattended.



4 Handle with care, Christmas trees can be heavy and awkward to move. Plan the lift - check the route for obstacles, then position your feet, keep good posture, get a good grip, and lift smoothly. Take short breaks to rest if needed.



5 Follow the **4C's of food hygiene**. Don't let food poisoning ruin the festive season, Turkey needs proper preparation and avoid leaving food out at room temperature for more than a few hours.



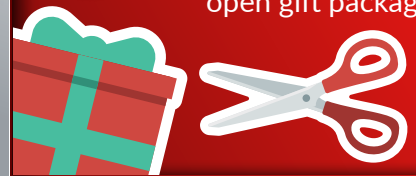
6 Tidy as you go. Wrapping and gift bags left on the floor can create trip hazards.



7 Stock up on batteries for gifts so you're not tempted to take them out of smoke or carbon monoxide detectors.



8 Keep the carving knife for the turkey. Make sure you have scissors to hand to open gift packaging.



9 Clean up the spilt sherry, liquids on floors can lead to slips.



10 If you're doing the rounds and visiting people, plan your travel in advance to allow enough time. Check the weather forecast, don't drive when fatigued and never drink and drive.



11 NYE calls for fireworks! But use them safely - find an appropriate space to let them off and never go back to a lit firework. Fireworks can spook our pets, so check on your furry friends regularly.



12 If you're spending the festive season alone and you want to reach out, the Samaritans are online 24/7 or check out volunteering opportunities with Crisis.

