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Care

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SPECIALISTS IN FIRST AID, SAFETY, SPILL & FIRE EQUIPMENT FOR OVER 56 YEARS.

Safety Tips for Holiday Parties

Keep these safety tips in mind to ensure your parties are fun and safe!

First, and most importantly, if you are going to consume any alcohol, pre-plan your transportation home (use a designated driver, arrange a Taxi, download the Uber app, etc). For the safety of yourself and others, please do not drink and drive.

If you are the **Host** of a holiday party:

- Plan accordingly for those that fail to pre-plan their transportation home (arrange for taxi's, overnight accommodation, spare bedroom, etc)
- Plan for those with food allergies
- To avoid food poisoning, ensure that all food is fully cooked and kept properly heated/cooled
- Maintain clear pathways to doors and emergency exits
- Have a First Aid Kit available, and consider an Epi-Pen, in case of accidents
- Secure the area of any trip and fall hazards, particularly for children, elderly, and those that have "had a few"
- Keep an eye on your guests and limit alcohol as required - if you plan on consuming alcohol, assign this task to someone else

If you are a **Guest**:

- Eat before you drink
- Only eat food that has been fully cooked and kept properly heated/cooled
- If there have been no efforts to maintain the foods proper temperature, don't eat it after it has been at room temperature for more than 2 hours
- Know where the emergency exits or doors are in the location that you are at
- Do not leave your drink unattended - there are numerous known cases where people have been drugged at parties via their drink
- Keep an eye on your family and friends who may be drinking too much - a successful night is when everyone makes it home safe!

If it is a **workplace event**:

- Remember that all workplace rules regarding workplace harassment are in place and must be enforced by the Employer - ditch the mistletoe
- If you do decide to provide, make available, or allow alcohol:
 - Plan accordingly for those that fail to pre-plan their transportation home (arrange for taxi's, overnight accommodation, etc)
 - Ensure that employees who are drinking are of the legal age to drink
 - Keep an eye on your guests and limit or restrict alcohol as required - if you plan on consuming alcohol, assign this task to someone else
- Have a First Aid Kit, an Epi-Pen and trained First Aid Responders available (Kit Care offers all three of these, if needed)
- The same tips for being a Host of a holiday party apply to a workplace event

Have a safe and fun holiday season!



Kit Care Corporation
6358 Viscount Road
Mississauga, ON Canada
L4V 1H3

Tel: 416 243-3030
or 1 800 387-1858

Fax: 416 243-3082
or 1 866 777-0787

info@kitcarecorp.com
www.kitcarecorp.com