

Holiday Safety Tips

As winter holidays approach, keep in mind these tips to help keep everyone safe.

Candles – Be careful with candle placement. Candle fires cause millions of dollars of property damage every year. Never leave a lit candle unattended

Decorative plants – Many holiday-related plants can be poisonous. This includes mistletoe berries, holly berry, and Jerusalem cherry. Make sure these are out of reach of children and pets.

Ornaments – Breakable ornaments, or ones with metal hooks, should be placed towards the top of the tree. This makes room at the bottom for the ornaments that are safer for young children.



Christmas Trees – Dry trees burn faster than newspaper. Make sure you water your tree regularly.

Cords – Always look for the marking of a recognized testing lab. Don't overload extension cords or power strips.

Ladders – Heed warnings on ladders. Tens of thousands of people are treated for injuries related to ladder falls in November and December.

Travel – If hitting the road during the holidays, make sure to have supplies in case of an emergency. Pack extra blankets, food, and diapers. Keep your phone charged. Make sure someone not traveling with you knows your route and expected time of arrival.



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks.

For more information on this and other childhood injury prevention topics, visit safekidsgf.com, call us at 701.780.1489 or email safekids@altru.org.



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