



Eye on Safety | Holiday Safety Tips

The holidays can be an exciting and busy time for employees and their loved ones. This season can also present particular risks related to travel and other traditions at this time of year. The Secretary's Office of Safety would like to encourage you to practice safe and healthy habits during the holidays and to be proactive in addressing possible hazards and preventing common accidents and injuries.

Fatigue: A busy personal life can make employees more tired when at work, which can lead to accidents. You can fight fatigue by getting at least eight hours of sleep at night.

Distractions: Thinking about other things, like buying gifts and hosting events, can distract employees from their tasks. Keep a separate to-do list for personal tasks: Using a separate list for personal tasks can help employees capture thoughts about life outside of work, write them down and then return to work without the constant distraction.

Higher demand: The holidays are the busiest time of year for many companies, which can potentially increase stress. Take regular breaks: Short bursts of activity followed by a brief break can help employees stay productive and engaged in their work and help prevent burnout.

Illness: The holidays also typically coincide with increased sicknesses. You can focus on wellness by discussing the following healthy practices: Washing hands often; Staying home when sick; Eating a balanced diet; Being physically active; Drinking plenty of water; Getting regular medical checkups and recommended health screenings.

Travel: Many of us may travel over the holidays. Winter weather can add additional risks. Check snowky.ky.gov for winter travel tips to stay safe!

Have a Safe and Happy Holiday Season!