



Stay safe these holidays

Description

Ensuring a safe and enjoyable festive season involves adopting some practices to protect you and your community. Here are seven key tips to stay safe during this celebratory period.

Travel safely: If travelling, plan ahead and be aware of weather conditions, road safety, and potential travel restrictions. Ensure your car is well-maintained, take breaks to avoid becoming too tired on long journeys and keep to the speed limit.

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Fire safety: Fireworks are banned in any public place, including parks, on the pavement or the streets. They are dangerous and have caused many life-altering injuries. Rather leave it to the professionals and attend a professional display, which will be much safer.

Drink alcohol responsibly: If you plan on drinking alcohol, do so responsibly. Never drive, or even walk, after drinking. Many pedestrian road deaths have occurred because the pedestrian was under the influence. Designate a sober driver or use alternative transportation options.

Safety at home: Secure your home by locking doors and windows and setting the alarm, especially when leaving for extended periods. Be cautious with decorations and electrical wiring to prevent fire hazards.

Online security: You may want to take to social media even more than usual over the holiday period. Always keep cybersecurity in mind as cybercriminals are also more active over this time. Use secure passwords, be cautious of phishing attempts and update antivirus software to protect against potential online threats.

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Be prepared for emergencies: Familiarise yourself with emergency procedures and have a basic emergency kit on hand. Keep handy a list of local emergency contacts such as police, ambulance and fire in case you may need them.

COVID-19 precautions: COVID-19 is still prevalent. Keep this in mind, particularly if visiting elderly relatives. If you are feeling at all sick, rather stay away.

By incorporating these safety measures, you'll be able to relax and enjoy a festive season filled with joy and shared moments, while prioritising your wellbeing as well as the wellbeing those around you.

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1. Our Lifestyle

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