

Safety Sound-off

VIDC Occupational Health & Safety Committee Newsletter

Electric Shock, Fire and Falls

Christmas is even more dangerous than the celebration of loooooove. Just imagine all the Christmas lights during this season and you can smell danger lurking around the corner bringing with it, its own gifts. You wouldn't want to be on its list when electricity shock, fire and falls are in its holiday sack.

Christmas lights cause electric shocks or fire because of two main things. One is choosing the wrong kind of lights or a product that is of poor quality. Another is the improper use and maintenance of the Christmas lights.

As for falls, we all know how pretty it is to have Christmas lights twinkling and blinking from trees and roofs, buildings and windows that are a couple of floors up. That's why it's not hard to imagine this accident striking anyone during this colourful season. This is especially true for employees working for businesses that celebrate Christmas with festive decorations.

Christmas Light Safety Tips

Without further ado, I bring you now, some safety guidelines in the use of

Christmas lights.

Use LED lights. Not only do they burn cool, they are also more economical because they only use 10 percent of electricity.

Use lights that are recommended by a reputable testing laboratory. Such lights are usually labelled "UL" or "ETL".

Prior to use, inspect lights and extension cords for defects or damage. Check for loose connections, cracked or broken sockets and bare or frayed wires. Report all defective lights and wires to your superior.

Immediately replace burned-out bulbs with ones that have the same wattage. Unplug Christmas lights when replacing bulbs.

Never hang Christmas lights on a metal tree, this leaves you and your co-workers more exposed to the risk of electric shock.

Make sure you don't create a maze of wires, cords and plugs when plugging

Inside this issue:

Electrical Shock Fire and Falls	1
Word Search	2

Heath & Safety

Dates to Remember

- ◆ Jan. 19/20: Joseph Mairs Memorial
- ◆ Feb 26/20: Stop Bullying Day
- ◆ Apr.28/20: Day of Mourning

in Christmas lighting.

Never use outdoor lights indoors. Make sure Christmas lights and other electrical outdoor decorations are plugged into a ground-fault circuit interrupter (GFCI). This device helps prevent electric shock and fire.

Use insulated holders to secure outdoor Christmas lights. Never use nails or tacks to secure cords of lights. Also, don't run strings of lights through hooks.

Ensure that your outside receptacles are GFI-protected to eliminate electric shock hazards.

Never pull on a string of Christmas lights.

Never overload extension cords. Remember that outdoor cords can be used both indoors and outdoors.

It's best to have appropriately sized timers that can turn lights on and off automatically.



Welcome to our VIDC Health and Safety Newsletter.

Our Committee members are:
Sarah Fairbrass, Chair;
Martha Higgins; Wayne Smiley.



www.vidc.cupe.ca



WORD SEARCH

U	I	O	U	T	D	O	O	R	I	S	K	A	B
L	N	E	X	T	E	N	S	I	O	N	S	D	U
K	S	L	E	E	D	A	O	L	R	E	V	O	L
Y	U	I	G	N	I	R	T	S	D	F	G	H	B
T	L	M	J	F	K	L	P	N	K	C	O	H	S
I	A	I	G	O	U	Y	T	O	R	E	W	Q	Q
C	T	N	A	E	T	L	O	I	B	V	R	I	T
I	E	A	S	D	R	F	N	T	H	A	T	A	C
R	D	T	G	E	H	S	J	A	T	N	A	S	E
T	Z	E	D	K	P	K	Z	R	L	T	R	I	P
C	F	D	Q	E	Z	A	E	O	T	R	E	E	S
E	A	X	C	B	R	R	C	C	X	M	A	S	N
L	L	T	N	D	A	M	L	E	K	J	H	G	I
E	L	E	G	B	H	L	E	D	E	P	P	A	Z

- | | | |
|-------------|-----------|---------|
| ELECTRICITY | SHOCK | RISK |
| ZAPPED | ELIMINATE | BARE |
| LADDER | HAZARD | UL |
| FALL | LED | ETL |
| BULBS | OUTDOOR | INSPECT |
| INSPECT | GFI | CAT |
| STRING | TREES | |
| DECORATIONS | SANTA | |
| EXTENSION | OVERLOAD | |
| INSULATED | TRIP | |

Submit your completed word search to vpcupe374@gmail.com for a chance to win a prize!

Last Issue Winners: Tiffany McLaughlin !!

