



Army Safety Gram

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Thanksgiving Safety

Thanksgiving is a holiday that brings friends and family together to share a good meal, conversation, and laughter. But Thanksgiving also comes with several safety and health hazards, including an increased chance of fires, food poisoning, and travel accidents. Take a few minutes to review these Thanksgiving Day safety tips, and enjoy the holiday without worry.

Fire.

The average number of cooking fires doubles on Thanksgiving. Here are several easy ways to avoid fires:

- ◆ Don't leave the kitchen while frying and grilling. If deep frying a turkey, keep the fryer outside, away from walls, fences and other structures.
- ◆ Keep the fryer away from moisture to avoid burns from steam and spattering oil.
- ◆ Use a timer and do kitchen checks when simmering, baking, broiling, and roasting.
- ◆ Keep pot holders and food wrappers 3 feet away from the stove or other hot surfaces. Kids should stay 3 feet away too. Make sure the handles of pots and pans are facing inward.
- ◆ Avoid loose clothes, especially those with long sleeves, while cooking.
- ◆ Make sure all candles and smoking materials are put out after the guests leave.

Food Poisoning.

Follow these steps to ensure your Thanksgiving feast stays safe:

- ◆ Safely cooking a turkey starts with correct defrosting. The turkey can be thawed in the refrigerator, in a microwave, or submerged in cold water in leak-proof packaging (change the water at least every 30 minutes and use only cold water).
- ◆ Cook the turkey immediately after thawing. Don't slow cook or partially cook the turkey, and check the temperature of the turkey with a meat thermometer before serving.
- ◆ Leftovers need to be put away within two hours after serving the food.
- ◆ Food should be stored in shallow containers. Meat should be removed from the bone before being put away.

Thanksgiving Travel Safety.

Follow these Thanksgiving travel tips to keep everyone safe on the road:

- ◆ Pack an emergency road kit in case of a breakdown or accident. Make sure to include a flashlight, shovel, first aid kit, flares, pen, and paper. Also, don't forget a blanket to stay warm.
- ◆ Make sure to have a copy of your car insurance card in your glove box and/or wallet/purse.
- ◆ Don't forget to pack your mobile phone and car charger. You never know if you are going to get caught in traffic.
- ◆ Buckle up and watch your speed! Law enforcement will be out in full force during the Thanksgiving holiday, so make sure to take your time getting to your destination, and be sure to buckle up; it can help save your life!
- ◆ Fuel up, don't fill up. During the holidays, people tend to overeat, causing many to become sleepy. If you have a long trip home, make sure to give your food plenty of time to digest and fill up your travel mug with some coffee.



Don't let this holiday season end in tragedy. Follow these safety tips and have a joyous Thanksgiving for all!