

### Cold Weather Safety

- Keep indoor temperature at 68 degrees or higher
- Wear layers, scarves, gloves, and hats outdoors
- Use non-slip boots for outside walking
- Avoid space heaters that could tip over
- Watch for signs of hypothermia: shivering, confusion, drowsiness, slurred speech

### Prevent Slips & Falls

#### Outdoor Tips

- Salt or sand icy walkways
- Use handrails
- Avoid walking on ice if possible

#### Indoor Tips

- Remove clutter and loose rugs
- Ensure good lighting in hallways and stairs
- Keep walkways clear of cords or decorations

### Holiday Travel Safety

- Pack medications in labeled containers
- Carry emergency contacts
- Bring mobility aids (walker, cane) if needed
- Take frequent stretch breaks
- Stay hydrated
- Ask for assistance at airports or stations

### Home & Decoration Safety

- Use lightweight, easy-to-handle decorations
- Keep electrical cords secured
- Use flameless candles
- Check lights for frays
- Do not overload outlets
- Ensure smoke detectors have working batteries

### Kitchen Safety

- Never leave stoves unattended
- Keep pathways clear of obstacles
- Ask for help with heavy dishes
- Use oven mitts and stable surfaces

### Emotional & Social Safety

- Check in via phone or visits regularly
- Include seniors in simple holiday activities
- Encourage participation in community events

**Quick Tip:** A little preparation goes a long way. Use this checklist to ensure your loved ones have a safe, warm, and joyful holiday season!

