



Thanksgiving Safety Tips



TRAVEL SAFETY

90% of those traveling for the Thanksgiving holiday do so by automobile.



Be extra vigilant and a "defensive" driver this holiday.

EMS SAFETY FACT:

The day before Thanksgiving is the most traveled day of the year.

Traveling?

Remember to pack your medications

Top 5 Thanksgiving Spoilers

1. Heartburn

Foods rich in fat and overeating lead to burning chest pains. Sometimes mistaken for a heart attack.

2. Weight Gain

Did you know the typical American gains 2lbs. on Thanksgiving? Weight gain is associated with higher risk for stroke, heart disease and type 2 diabetes.

3. Choking

Eating too quickly and not completely chewing food can lead to choking episodes. Slowing down can prevent choking as well as letting food settle so you don't over-eat.

4. Excessive Drinking

If you drink on Thanksgiving, don't over do it. Other than the typical risks associated with alcohol, social and physical risks may arise too. But most importantly, never get behind the wheel if you have been drinking.

5. Cuts & Burns

Be cautious while preparing food. After you're done using knives & other sharp objects, move them to a safe place out of the reach of children.

PET SAFETY

TURKEY TIME: If you decide to let your four-legged friend indulge in some turkey, be sure to give them a portion that does not have any bones.

HERBAL WARNING: Did you know that herbs contain essential oils and resins that can cause gastrointestinal problems and central nervous system depression in animals, especially cats?

A FEAST OF THEIR OWN: When you're enjoying your Thanksgiving feast with friends and family, make sure your pet(s) have something to do. Kong toys are a great option for dogs and can keep them out of trouble.

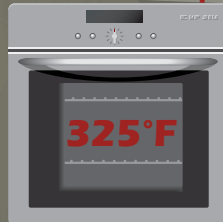
RESTRICTED AREA: Making your kitchen a restricted area to pets, children and adults can prevent spills, cuts and burns that otherwise could have been prevented.

FOOD SAFETY

EMS SAFETY TIP:

For optimal safety, cook stuffing in a casserole dish instead of inside your turkey.

Min. Oven Temp.



when cooking turkey

Prevent cross contamination by always washing your hands, utensils and surfaces after handling poultry

Always use a meat thermometer. The minimum internal temperature for turkey is 165°F

165°F

FIRE SAFETY

2,000



Residential Fires Annually on Thanksgiving

20% of homes that have a fire-related incident lack a smoke detector.



Causes of Thanksgiving Day Fires

Cooking Related Fires

Electrical/Other

Majority of Thanksgiving day Fires



Occur Between 12P.M. - 4P.M.

Large feasts require numerous appliances. Prevent electrical fires by not overloading your outlets.

WHAT WE'RE THANKFUL FOR...



Happy Thanksgiving, from your friends at EMS Safety

Sources:

FEMA: Topical Fire Report Series: *Thanksgiving Day Fires in Residential Buildings*, ASPCA: www.aspcapet-care/thanksgiving-safety-tips, USA Today: Thanksgiving Week One of Deadliest on the Highway, CDC: It's Turkey Time: Safety Prepare Your Holiday Meal