



Christmas Safety Message

Here at Evolve Talent we have loved working with you this year and we would really like to see you again safe and well next year... so here are some tips on how to stay healthy and safe over Christmas at work and at home:

FIRE RISKS



If you have a real Christmas tree, make sure you water it every day. A dry tree can burn quicker than newspaper and can be fully aflame in a matter of seconds

POOL SAFETY

Pool safety – always keep an eye on children and pets around the pool and don't drink and swim



FOOD SAFETY

Food poisoning is a big risk over Christmas, if you have a traditional Christmas dinner, turkeys can carry campylobacter and Salmonella. Avoid the temptation to wash your turkey, this will only spread droplets of bacteria around your kitchen and can lead to cross contamination



If seafood on the barbie is more your thing, be aware that seafood that is stored at the wrong temperature before cooking can lead to toxic levels of histamine which will not be destroyed by cooking. Ensure that you refrigerate your fish and seafood and do not leave it sitting out before cooking



Don't leave leftovers sitting out, refrigerate them to avoid the risk of high levels of bacteria

ALCOHOL



Alcohol consumption usually increases over the Christmas period. Remember that alcohol stays in your system and you can be over the drink drive limit the next day, or if you are on site you run the risk of blowing numbers.



TRAVEL

If you are going away for Christmas you might want to leave early to beat the traffic, but driving at times when you are normally asleep can lead to the risk of microsleeps whilst driving. Try not to drive early in the morning or late at night if you are not used to it, and remember to take frequent breaks. It is recommended to have a 15 minute break for every 2 hours of driving.



Your behaviour can change when drunk, try to alternate between alcoholic and non alcoholic drinks, or stick to a low alcohol option.

BABYPROOF

If buying presents for small children be careful if they contain coin sized lithium batteries, not only are these a choking hazard but they can get stuck and burn through a child's oesophagus in as little as 2 hours. The ones which are the most problematic are engraved with the codes CR2032, CR2025, CR2016



Most importantly of all. Remember to enjoy yourself, relax and have fun. From all the staff at Evolve Talent, we wish you a Very Merry Christmas and a Prosperous New Year.