



Thanksgiving is by far the busiest time of year for travelers. It's also a time when the kitchen is the place to be for cooking those big family dinners. Please read the following safety tips when traveling and cooking this year for Thanksgiving. We want you to be safe at work but also safe when away from work.

- **TRAVEL SAFETY** If plans include driving, travelers should:
  - Check the weather along their route and plan for travel around any storms that may be coming.
  - Everyone should use their seat belts at all times.
  - Avoid drinking and driving. Have a designated driver if you plan to have a drink or two or three.
  - Drivers should be well rested and alert and give their full attention to the road – no cell phones.
  - Follow the rules of the road – observe the speed limit.
  - Use caution in work zones.
  - Make frequent stops. During long trips, rotate drivers.
  - Don't follow another vehicle too closely.
  - Clean your headlights, taillights, signal lights and windows to help you see, especially at night.
  - Turn your headlights on as dusk approaches, or if you are using your windshield wipers due to inclement weather.
  - Now is a good time to check that emergency Winter Travel kit you have in your vehicle. Remember the Coffee Can Winter Survival Kit?
- **COOKING SAFETY**

There are more kitchen fires in the US during the Thanksgiving Holiday than at any other time of the year. Some safety tips to follow when preparing the feast include:

  - Cooks should avoid wearing loose clothing or dangling sleeves while preparing the holiday meal.
  - Never leave the stove unattended – if the cook has to leave the kitchen even for a short time, they should turn off the stove or ask another adult to stay in the kitchen until the cook comes back.
  - Use a timer as a reminder that the stove or oven is on.
  - Keep children and pets away from the cooking area.
  - Keep anything that can catch fire - pot holders, oven mitts, wooden utensils, paper or plastic bags, food packaging, and towels or curtains—away from the stove, oven or any other appliance in the kitchen that generates heat.
  - Clean cooking surfaces on a regular basis to prevent grease buildup.
  - Make sure you have a fire extinguisher in the kitchen or nearby.
  - Always check the kitchen before going to bed or leaving the home to make sure all stoves, ovens, and small appliances are turned off.