

## Thanksgiving Safety – “Enjoy the Holiday, Avoid the Hazards”

Thanksgiving is a time to be thankful—not in the ER or stuck on the side of the road. A few simple choices in the kitchen, on the road, and at home can keep the focus where it belongs: on food, family, and gratitude.

### COOKING SAFETY

- Never leave cooking unattended.
- Keep kids/pets 3 ft away from hot surfaces.
- No water on grease fires—use a lid or extinguisher.

Do you have a fire extinguisher in your kitchen?

### TRAVEL SAFETY

- Plan for delays—don’t rush or speed.
- Stop every 2 hrs, switch drivers, avoid drowsy driving.
- Buckle up every trip. No impaired driving.

How will you make your drive safe?

### SLIPS & FALLS

- Clean spills right away.
- Keep walkways clear of clutter.
- Use ladders—not chairs—for decorations.

### STRESS AWARENESS

- Don’t try to do it all—share tasks.
- Take breaks; protect your patience.
- Fatigue + frustration = mistakes and unsafe decisions.

Thanksgiving should be about family, food, and gratitude—not fires, falls, or accidents. A little prevention keeps the holiday safe for everyone.

**LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!**

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What's one boundary or healthy habit you can set this holiday to protect your energy and safety?"

Happy



Thanksgiving