



# 节假日安全Holiday Safety

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life  beats

# Dangerous Days in December for the Dutch

## 十二月份在荷兰危险的日子

This toolbox handles “Christmas” in the Netherlands, but many Dutch traditions are similar to those globally.

此处涉及是荷兰的圣诞节，但是在全球的范围荷兰人的传统是类似的。

For most children in the Netherlands, the most important day during December is the 5<sup>th</sup>, when Sinterklaas (St. Nicholas) brings them their presents. The name Santa Claus comes from the name Sinterklaas.

在荷兰对于大多数孩子来说，十二月期间最重要的一天是5号，圣诞老人会带给他们的礼物。该名圣诞老人来自名Sinterklaas。

From a safety point of view there are a lot of dangers to think about during this, for children, important day.

从安全的角度来看有很多的危险在这个重要的日子上围绕着孩子

Let's start with the story and find out!

让我们从这个故事开始来一一发掘。



# Sinterklaas: The Story

## 圣诞老人的故事



December 5<sup>th</sup>十二月5号

...When Sinterklaas comes ashore from a boat, he leads a procession through the town, wearing his red bishop's robes, riding on a white horse. ....当Sinterklaas离船上岸, 他所领导的游行穿镇而过, 穿着红色主教的长袍, 骑着一匹白马。

On December, 5th children leave clogs or shoes out, by the fireplace and they hope Sinterklaas will come during the night with some presents.

5号儿童脱掉木屐鞋, 在壁炉边, 他们希望Sinterklaas会在晚上带来一些礼物。

They're told that, during the night, Sinterklaas rides on the roof on his horse and presents are brought down the chimney and put in their shoes.

他们被告知, 在夜间, Sinterklaas骑着他的马在屋顶上, 礼物被通过烟囱放进他们的鞋子中。

During "pakjesavond" (present evening) there might be a knock on the door and you might find a sack full of presents.

在“pakjesavond”(圣诞夜)有可能有人敲门, 你会发现一个装的满满的礼物袋。

Also special biscuits and sweets are eaten at the party...

同样在派对上可以吃着很特别的饼干和甜食

# What Can Go Wrong?哪里会出错？

During Sinterklaas day there are a lot of people playing the role of Sinterklaas.在圣诞节每天有很多人在充当圣诞老人。

They are normally not used to:

- Stepping Off a Boat – Fall into the water
- Horse Riding – Horse accidents
- Wearing a Long Robe – Slips and trips
- Working at Heights – Just in the story
- Working During the Night / Dark – Just in the story
- Acrobatic Movements to Entertain Children – Sore muscles
- A Lot of Make-up – Make-up intolerance
- Throwing Candies (Pepernoten) to Divide Amongst Children – Sore muscles
- Heavy Loaded Bags Full of Presents – Sore muscles
- 它们通常会面临：
  - 走下小船 - 落入水中
  - 骑马 - 意外事故
  - 身穿长袍马褂 - 跌倒滑倒
  - 高空作业 - 只是在故事
  - 工作在夜间/黑暗 - 就在故事
  - 杂技动作来招待孩子 - 肌肉酸痛
  - 化妆一标段 - 化妆品过敏
  - 投掷糖果 (Pepernoten) - 肌肉酸痛
  - 重型装载行李全部的礼物 - 肌肉酸痛



# Toy Buying Safety 购买安全玩具

- Below are tips for buying safe toys 以下是购买玩具的安全提示

Select toys to suit age, abilities, skills and the child's interest 选择玩具, 以适应年龄, 能力, 技能和孩子的兴趣

- For infants and toddlers avoid toys with small parts (choking) 对于婴幼儿避免小零件的玩具 (哽咽)  
Don't buy electric toys with heating elements for kids under 8 8岁以下的小孩不要买具有加热元件的电动玩具
- Read the label and use the age guidelines for that toy  
阅读标签, 并使用玩具标注的年龄准则
- Look for sturdy construction and tightly secured small parts 寻找结构坚固和小部件被紧密固定的玩具  
Discard plastic wrappings immediately to avoid a suffocation hazard 立即丢弃塑料包装材料, 以避免窒息危险



# Christmas Day 圣诞节

December 25<sup>th</sup> 十二月5号

**Christmas day itself is much quieter in Holland. It's a day for the traditional family dinner. Many people in the Netherlands also have a Christmas Tree in their houses.**  
圣诞节本身是在荷兰要安静得多。这一天有传统的家庭晚餐。很多人在荷兰在自己的房子中也会买圣诞树。

- In the U.S., more than 12,000 people are treated in the nation's emergency rooms each year due to falls, cuts, electrical shocks and burns from faulty holiday decorations or accidents that occur while putting decorations up.
- 在美国, 每天有超过12000人在公立急诊室处理因跌倒, 割伤, 电击和灼伤的伤害
- Safety is not just a work thing... it's a living thing!! During the holiday season with all the stress, tight schedules, crowds, extra work etc., take extra caution and STOP! Take 5 minutes for safety and think about the activities you'll be doing. Think about the possible risks of what you're doing... whether it's your regular job or hanging up Christmas decorations... we must be vigilant to ensure we're around for the holiday celebration.
- 安全不仅仅是一个工作的事情.....这是一个活的东西! 节日期间所有的压力, 紧迫的时间, 人群, 额外的工作等, 要特别小心和适可而止! 在安全上花5分钟, 想想你会做的活动。想想自己在做什么的可能遇到的风险.....无论是常规工作或挂断圣诞装饰品.....我们必须保持警惕, 以确保我们身边的节日庆祝活动安全。



## To keep your home and family safe this holiday season, consider the following:

为了使您的家庭和家人的安全这个假期, 考虑以下几点:

- Only Use UL listed decorations. 只能使用UL认证的装饰品。
- Always inspect cords for fraying and loose connection. 请务必检查电源线的磨损和松动。
- Do not use indoor extension cords outside; use grounded extension cords. 切勿使用室内延长线外接; 使用接地的延长线。
- Use proper elevation devices. Don't use a chair when a ladder is needed. 使用适当登高设备。不要在需要一个梯子时用椅子代替。
- Do not use real candles on the tree. 不要在树上用真正的蜡烛。
- If you use a real tree, keep the water re-supplied and check the tree for dryness. 如果您使用的是真正的树, 在上面洒点水, 并检查该树的干燥度。
- Place candles away from curtains or other flammables and do not leave them unattended. 将蜡烛远离窗帘或其它易燃物, 不要随意放置。
- Unplug your decorations/lights when you go to bed. 睡觉前拔掉装饰/灯的电插座。
- Keep fire extinguisher handy. 请将灭火器放在随手处。
- Beware of poisonous decorative plants like Poinsettias, Holly, Mistletoe (pet and child hazard). 当心有毒观赏植物如一品红, 冬青, 槲寄生(宠物和儿童的危害)的。
- Keep decorations out of the reach of small children. 将装饰品放在儿童接触不到的地方。

# Family Dinner家庭晚餐

## Even the family holiday meal can have hazards!即使是家庭的节日大餐也有危险!

- Turn handles on pots and pans inward on stove.
- 将锅碗瓢盆的手柄转向炉子的内部(避免碰到)
- Do not leave foods that require refrigeration out for too long of a period (spoiled foods).
- 不要使用那些冷藏了太久的时间(坏的食品)的食物
- Test your fire detectors monthly.
- 每月测试您的火灾探测器。
- Do not leave cooking unattended.
- 不要让烹饪无人值守。
- Do not overeat.
- 不要吃得过饱。
- Be aware of food allergies.
- 要知道哪些食物过敏。





# New Year's Eve除夕

**December 31<sup>st</sup> 十二月31号**

**Finally on the last day of December, the habit is to start the New Year with Fireworks.**十二月的最后一天,人们的习惯是随着新年的烟花开启新的一年。

Each year as a result of using fireworks people are injured or killed. In Holland the last two fatalities were in 2011. In 2013, 810 people visited a first aid department of which, 145 needed to stay in the hospital.

每年都有人由于使用烟花受伤或死亡。在荷兰的大的伤亡是在2011年和2013年,810人进急救部,其中,145留在医院需要住院治疗。

- The highest injury rates were for children aged 10 to 14. 75% of all those injured were male.最高伤害率分别在10岁到14岁,所有受伤的孩子75%为男性
- Most fireworks injuries involve burns, but there were also contusions, lacerations and other types of injuries.大多数是烟花爆竹的伤害包括烧伤,但也有挫伤,裂伤和其他类型的伤害。

If we would have so many injuries resulting from occupational accidents on one day, the whole business is upside down. While we do our utmost to work safe and to get back home safe. Why do we, at home, take those irresponsible risks even with our own children?如果我们将不得不在一天中造成这么多的伤害,整个事情是本末倒置。尽管我们尽最大的努力安全工作,并获得平安回家。为什么我们在家里,我们自己和孩子要承担这些不负责任的风险?

# Let's Look at Some Safety Precautions If You're Around Fireworks:如果你周围有焰火让我们来看看一些安全注意事项

When it comes to explosives, follow the same rules on New Year's Eve that you would any other time of the year; leave it to the experts. If you will be using fireworks, follow these tips:当涉及到爆炸,请在除夕遵循相同的规则,留给专家。如果你将要使用的烟花,遵循这些提示:

**Be Prepared; before you light fireworks:**你点燃烟花前请准备好:

- Use legal fireworks, available at licensed outlets.使用合法的烟花爆竹,可在授权的网点采购。
- Store fireworks out of children's reach.储存烟花爆竹放在儿童接触不到的地方。
- Keep pets safe indoors. 宠物饲养在室内。
- Always keep water handy. 随手准备水

**Be Safe; when lighting fireworks:**安全的点燃烟花

- Only adults should light fireworks.只有成年人宜点烟花
- Only use outdoors.仅使用在户外。
- Do not throw fireworks or hold in your hand.不扔烟花或拿在手中。
- Protect your eyes.保护你的眼睛。
- Light one firework at a time and move away quickly.点燃烟花赶快离开。
- Never relight a "dud".千万不要重新点燃了“哑弹”。

**Be Responsible; after you finish:**完成之后的责任;:

- Soak used fireworks in water.将使用过的烟花浸泡在水中。
- Be considerate--clean up used fireworks. 清理使用过的烟火。
- Keep matches and lighters away from children.将火柴和打火机远离儿童



## During New Year's Eve 在除夕...

- **Partying派对:** -Ensure you have a designated driver for the night . . . even better, make arrangements to stay where you are celebrating New Year's Eve. You may be in fine condition, but you don't know about the driver next to you or around the corner. 请确保您有夜间的指定驾驶员最好作出安排在哪里庆祝除夕。你可能拥有比较好的条件, 但你不知道的待驾在你旁边或附近。
- **Champagne Corks:** You can avoid eye injuries and broken windows! Chill your champagne to at least 45 °F, as this will make the cork less likely to pop out unexpectedly. Hold the bottle at a 45-degree angle, pointing it away from yourself and others. Then, after removing the wire hood, place a towel over the top of the bottle and grasp the cork. With the bottle in one hand, slowly twist the cork, applying gentle upward pressure. When you feel the cork about to pop out, reverse pressure to a slight downward tilt. If all goes well, you'll have a cork in one hand, a full bottle in the other, and no injuries in sight
- .香槟瓶塞: 你要避免眼睛和的窗户受伤害! 冰冻香槟至少45°F, 因为这会降低软木塞蹦出的风险。握住瓶以45度角, 指向远离自己和他人的地方。然后, 除去金属丝罩后, 将毛巾在瓶子的顶部, 握住软木塞。随着瓶子, 另一只手, 慢慢地拧瓶塞, 采用温和的上升压力。当你觉得快要蹦出来的软木塞, 反向压力轻微向下倾斜。如果一切顺利的话, 你就会一只手有一个软木塞, 另一只手有一个完整的瓶子, 另外, 也看不到的伤害。



# Celebrate Safely 庆祝安全

So, if you are prepared for the activities mentioned, none of these days are dangerous.

Happy Holidays!

如果你正在为提到的活动准备，确保这几天是安全的。  
节日快乐！

Below are some links that provide more information about celebrating the holiday season safely.

下面是一些链接，提供有关安全地欢度节日的更多信息。

- [Fireworks Safety](#) – EN
- [Holiday Food Safety](#) – EN
- [Toy Safety Tips](#) – EN
- [June LifeBeats Travel Safety Topic](#) – EN

Happy Holidays to You and Yours

# Check Signals

## pre-task analysis



**WHAT COULD GO WRONG?**

**WHAT PRECAUTIONS SHOULD I TAKE?**

**CAN I DO THE JOB SAFELY?**

# Focus - Start to Finish