

What are the most typical traumatic injuries people experience around the holiday season?

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The two main causes of injury starting around Thanksgiving and moving into Christmas, either is related to actually cooking and cooking for relatives or large groups. And having a lot of people around while that cooking is happening, so burn injuries, and we actually see an increased risk of burn injuries from the cold weather coming in. And people trying to heat their homes in various ways or, or not having well functioning heaters that malfunction. So those are the main burn related injuries that we see. And the second thing, unfortunately, the weather gets bad, and the car wrecks go up. And that usually, not only do we see an increase in automobile crashes, but they're usually with multiple passengers. Again, people traveling with family going various places. And so the number of injured individuals injured in each of those car wrecks goes up as well. So the safety of the road is an issue cooking during family gatherings, and then trying to heat the home are the categories of injuries we see.

How can people try to prevent those types of injuries?

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Really, the probably the first thing is that everyone is trying to have fun and enjoy the holidays. And it oftentimes means relatives coming or being in a in a home with more people than usual. And what we recommend to families and individuals is to rather than only focusing on what's going to make it fun and enjoyable. Take a moment to make sure that the environment is safe. It's going to pay off in well, in the long run to just take that a few minutes and say is there something about the environment that could put someone at risk for getting hurt. So in the kitchen, we tell people first of all, don't leave the kitchen, when something's cooking on the stovetop, don't leave the house when the turkeys in the oven and check on the turkey regularly. You know, some people probably think that that's safe to do but it's not and it generally only takes a second for a problem to happen. We talk about things like you know the safety around the stovetop and kitchen counters, making sure that knife handles don't hang over the counter, making sure that the electrical cords to some electrical appliances involved with cooking doesn't hang down where it can get tripped over, and snagged and pulled down or a child can grab it. Pot handles turned in so that somebody can't knock into a pot of boiling water or what have you and burn themselves or those around them. We oftentimes these gatherings have little children and the kitchen during cooking is not a place for a child. And so we recommend that there they stay at least three to five feet away from the cooking area. And we recommend that you get with the children and explain to them why they can't come to where they need to be and almost put in a barrier or at least make sure the kids know where they can't go into so that they don't get injured. Because our burned children numbers go way up during the holidays too which is really really sad. If a fire is to happen, you want to be if you think you can handle it yourself. Don't throw flour or water on a frying pan that's caught on fire tried to smother it with a pot handle or a really thick hand towel and don't remove it until the heat is gone. It should you should let that pot or frying pan cool to the point where you can touch it and it's not going to burn you before you take the covering off. But really, if you're worried at all, just leave the home and call 911. The other sad stories we have we end up dealing with are people who try to put the fire out and then get trapped in the home and get badly injured. You know the number one cause of residential fires in the United States is cooking. And that goes way up during the holidays and we want

Are there safety issues people should keep in mind when decorating for the holidays?

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There are a lot of decorations that come out around the holidays, and there's a lot of, again, electricity that can be damaging. Unfortunately, it's interesting that it's the time when toddlers oftentimes get electrical injuries. And it has to do with the electrical cords, you know extension cords for the tree lights or whatever the decoration might be. And either the power cord isn't safe, it's got a tear in it or something. And we actually have kids, you know, crawling around on the floor, they'll actually chew on