

# Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors is contained within a dark blue oval. The word "Apollo" is written in a white, cursive script font. Below it, the words "MECHANICAL CONTRACTORS" are written in a white, sans-serif, all-caps font, flanked by two horizontal white lines. Underneath that, the tagline "Building People Who Build Great Things" is written in a smaller, white, sans-serif font.

— MECHANICAL CONTRACTORS —  
Building People Who Build Great Things

## Home Healthy - Home Safe

Date: November 2023

### Safety Holiday Travel: Tips for Joyful Journey

Holiday travel is an exciting time, but it can also pose unique safety challenges. Whether you're visiting family, exploring new destinations, or embarking on a winter getaway, here are essential tips for a safe and enjoyable holiday journey:

1. Plan: • Research your destination, including local COVID-19 guidelines and restrictions. • Book accommodations and transportation in advance. • Create an itinerary with contact information for hotels, emergency services, and local contacts.
2. Prepare Your Vehicle: • If driving, ensure your vehicle is in good condition with proper maintenance. • Check tire pressure, brakes, lights, and wiper blades. • Pack an emergency kit with essentials like water, snacks, a flashlight, and first aid supplies.
3. Stay Informed: • Monitor weather forecasts and road conditions before and during your trip. • Download travel apps for real-time updates on traffic, flight delays, and local information.
4. Travel Light: • Pack only what you need to avoid overloading your vehicle or luggage. • Keep valuable items, travel documents, and medications in your carry-on bag.
5. Secure Your Home: • Lock all doors and windows and set your alarm system if you have one. • Ask a trusted neighbor or friend to check on your home while you're away.
6. COVID-19 Safety: • Follow recommended health guidelines, such as wearing masks, practicing social distancing, and washing hands frequently. • Carry hand sanitizer and disinfecting wipes for on-the-go hygiene.
7. Travel Insurance: • Consider purchasing travel insurance to cover unexpected events like trip cancellations, medical emergencies, or lost luggage.
8. Stay Hydrated and Rested: • Drink plenty of water during your journey and take breaks to rest and stretch. • If driving long distances, share the driving responsibilities with a companion.
9. Be Mindful of Scams: • Beware of scams, especially when booking accommodations or tours online. • Verify the authenticity of websites and deals before providing personal information or payment.
10. Safe Driving Habits: • Observe speed limits and traffic rules. • Avoid distracted driving, such as texting or using your phone. • Take regular breaks to combat driver fatigue.
11. Emergency Contacts: • Share your travel plans, including your itinerary and contact information, with a trusted friend or family member.
12. Travel with Patience and Flexibility: • Be prepared for delays and changes in your travel plans. • Maintain a positive attitude and adapt to unexpected situations.

**HEALTHY OR SAFETY REMINDER:** Water heater off or on when you leave for vacation? Turning off may cause extra wear and tear, turn thermostat down to vacation setting if available.

Holiday travel can be a memorable and enriching experience when done safely. By planning, staying informed, and practicing caution, you can ensure a joyful journey and make lasting holiday memories.

#### Discussion Points/Quiz Questions:

1. Holiday scams, what are some typical holiday scams? Fake Charity solicitations, fraudulent vacation rentals, online shopping deals that are too good to be true.
2. What should you monitor before you travel?
3. What do you put in your vehicle emergency kit?