

Stay safe this holiday season with these fire and first aid tips from NOSA

FIRST AID TIPS

Tip #1: 3 vital emergency numbers



Ambulance/fire brigade: 10177

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Cellular emergency number: 112/911

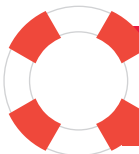
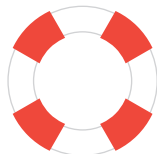
Netcare: 082 911

3



Tip #2: Always have a well-stocked and correctly equipped first aid kit available

Tip #3: 3 steps to avoid a sunburn



Step #1: Always avoid midday sun

Step #2: Use sunscreen

Step #3: Drink plenty of water and stay hydrated



Tip #4: 8 actions to prevent drowning



Tip #5: 6 actions to prevent choking in children

- 1 When your baby is eating make sure they take small bites
- 2 Do not let your baby play and eat at the same time
- 3 Encourage children not to talk and eat at the same time
- 4 Make sure children don't run with food in their mouths
- 5 Check with a professional that your baby is ready to eat solid food
- 6 Make sure there are no small toys, objects or money lying around for a baby to put in their mouths



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The best way to practise fire safety is to make sure a fire cannot break out in the first place. That means you should always be aware of potential hazards in your home.

Tip #1: 4 checks to avoid an electric fire at your home

Check #1:

Are your electrical appliances in good condition, without loose or frayed cords or plugs?

Check #2:

Are your outlets overloaded with plugs from the TV, computer, printer, video game system, and stereo?

Check #3:

Are you overusing an extension cord?

Check #4:

Do the light fixtures in your home use bulbs that are the correct wattage?

Tip #2: How to be extra careful in the kitchen

Did you know? Cooking is the leading cause of home fires? The kitchen is full of ways to start a fire:



The lesson? Never leave anything unattended and always check that appliances are switched off if you are not using them. Also limit the number of distractions.

#3: Be aware of these 3 holiday hazards



Around the holidays, there are even more potential fire hazards to think about. If you put up a live Christmas tree (e.g. a fir tree) in your home, make sure to water it daily, as electric lights strung on a dried-out tree are a recipe for disaster, and act as a very effective ignition source.

Inspect all lights and lighted window ornaments every year to make sure that cords are not worn or frayed, and use all candles with care. According to the National Fire Protection Agency (NFPA), the number of fires started by candles nearly doubles during the month of December. Blow out candles before you leave the room or before you go to sleep.

Teach children to never play with matches and lighters. Make a habit of placing these items up and away from young children. Make children aware that they shouldn't get too close to an open fire. Create and practise a home fire escape plan with two ways out of every room in case of a fire. Always try to escape to the front and not the back of a building (if it is safe to do so).

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