

LET'S TALK TURKEY...

November, 2008

Thanksgiving is Thursday, November 27th - Environmental & Occupational Safety hopes everyone has a great holiday! Here are some safety tips to help you stay safe and happy.

STRESS FREE THANKSGIVING

Holidays are always enjoyable, but they can also be very stressful for those preparing food and planning events. To help reduce the stress and enjoy the time with friends and family, follow these tips.

- Exercise Regularly; Exercising gives you more energy and helps you sleep; one of the important factors in controlling stress.
- Take a deep breath; stress tenses up muscles and a deep breath is a proven way of reducing stress.
- Prioritize what you need to do and delegate the rest; have sisters, brothers, parents, and even children help.
- Remember to laugh; laughing will defuse a stressful situation and help you then regroup.



THANKSGIVING FOOD SAFETY (GOOD LUCK!)

As you prepare for friends and family this holiday, remember to practice safe food preparation procedures to reduce the risk of food borne illness.

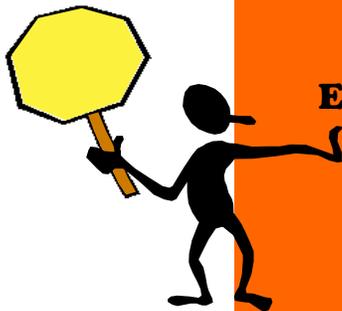
- Purchase only government-inspected meat and poultry. Make sure to check the date on the package.
- Wash hands thoroughly before and after preparing any food products.
- Use a cooking thermometer to determine if the turkey is fully cooked. The meat should reach 180F, and if the bird is stuffed the stuffing should be 165F.
- Don't allow leftover food to sit out at room temperature for more than 2 hours; refrigerate promptly.
- Never taste food that looks or smells strange. When in doubt, throw it out.

DRIVE SAFELY!

The Thanksgiving Holiday period is one of the busiest times on U.S. highways, as millions of Americans travel to spend time with friends and family. Remember these driving safety tips so that you and your family arrive safely at your destination.

- Always wear your seat belt!
- Slow down; speed is a factor in roughly 1/3 of all accidents.
- Distract your kids; plan something fun for them to do so they don't distract you.
- Tune up your car; Make sure your car is running properly prior to setting out on the road.
- Rest up; get plenty of sleep the night before, and stop often.
- Rotate driving duties if possible.
- Don't drink and drive.
- Watch out for Deer; the month of November is the most active month for deer. Be very attentive at dusk and the early morning hours. Deer also travel in groups and single file, so if you see one, chances are there may be another.

Have a Happy Thanksgiving!
Environmental and Occupational Safety



**If you do not have an
Emergency Quick Reference Guide
from the
Environmental & Occupational
Safety Office**

**- Please Call (229) 293-6171,
email cfstorey@valdosta.edu,
or stop by Ashley Hall,
room 118 on Main Campus.**