

Mayo Clinic Minute

Home holiday safety tips

| Video | Audio |
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| | People on ladders stringing holiday lights – it’s a common site these days. And, so are trips to the emergency room, says Mayo Clinic’s Dr. Michael Boniface. |
| Michael Boniface, M.D. Emergency Department Mayo Clinic | Falls from heights of greater than 3-5 feet, depending on how you land, can result in hip fractures, internal bleeding, and head injuries and concussions. |
| | Dr. Boniface says, because daily routines change during the holidays, safety sometimes can be a challenge, especially with children. |
| Michael Boniface, M.D. Emergency Department Mayo Clinic | Children have a tendency to put things in their mouths, chew on them, eat them. |
| | This can be electrical extension cords going to your Christmas tree. This can be small, little ornaments or decorations that they could lodge up their nose or aspirate into their lungs. |
| | Dr. Boniface says if you put up a live Christmas tree in your home, make sure you keep it well-watered. |
| Michael Boniface, M.D. Emergency Department Mayo Clinic | The drier it gets, the more prone it is to igniting and causing a fire. |
| | And, always be careful when lighting candles. |
| Michael Boniface, M. D. Emergency Department Mayo Clinic | If you keep out open flames and candles, be aware that children and animals may knock those over, so keep them out of reach of where they may encounter them. |
| | I’m Ian Roth for the Mayo Clinic News Network. |