During the last two months of the year, about 200 people a day suffer decoration-related injuries. Most injuries are related to falling off ladders, stairs, furniture, rooftops and porches. The results are: fractures, concussions, and muscle pulls.

Thousands of people are treated each holiday season after sustaining an electric shock. Electric incidents are mostly caused by carelessness and misuse of the decorations and can be the cause of cardiac arrests and tissue and nerve damage among others.

Christmas trees and decorations account for almost 2,000 fires each year. Thousands of candle-related fires happen during the holidays, with Christmas and New Year’s Day seeing most candle fires. The winter season also sees a rise in heating, cooking, and electrical fires.

Car crashes cause most injuries and fatalities during the holiday season. There are more drivers on the road. They are also stressed, rushed, and sometimes driving impaired. Fatigue and poor weather conditions can often be a factor.

Visitors who are unfamiliar with your house layout are likely to trip and fall without proper lighting. Curious children may go through cabinets and people’s things, often finding medicines and other substances that can be lethal.

Over 84,000 people were treated for injuries related to carrying luggage in 2015. Rushing and the frustration of the holiday season make people forget to use proper lifting techniques.

Packaging-related injuries resulted in approximately 6,000 emergency-room visits in 2006. Excitement, rushing, complacency and fatigue can be dangerous when combined with sharp utensils. Numerous cuts, lacerations and burns are sustained while preparing holiday meals.

Foodborne illnesses are most common around the holidays. Lack of hygiene while preparing or reheating food ruins numerous winter holidays each year. Storing cleaning products and chemicals near food or not using original containers can lead to accidental poisoning. Consuming leftovers that were not stored/refrigerated properly can cause illness.

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