

# Autumn Safety Tips



## Fall Safety Tips to Help You and Your Family Enjoy the Autumn Fun

Fall is one of the best times of the year. Leaves are changing colors, the air is getting brisk, and trick or treat is almost here. Autumn offers plenty of ways to have fun with the family. Remembering some important fall safety tips helps ensure you can make the most of the season without illness or injury. Whether you're enjoying a scenic drive to view the leaves, are decorating for Halloween, or want to enjoy a few more moments in the outdoors before winter arrives, there is no shortage of things to do in the fall. By following these fall safety tips, you and your family can enjoy a festive season and stay healthy.

### 1. Be Careful with Heaters

Space heaters are one of the most frequent causes of house fires and burns. Though they do a great job of warming up a chilly room in the fall as temperatures dip, you need to practice caution. Be sure to leave plenty of room around the heater to avoid fires and give it room to vent. Never leave your space heater unattended and always turn it off when leaving the room for an extended period.

### 2. Give Your Furnace Tune-Up

Your furnace is essential when winter temperatures arrive. Autumn is a perfect time to check in on your furnace since you probably haven't used it for several months. You may even want to contact a professional to give your system a check-up and ensure it is safe and efficient.

### 3. Keep an Eye on Your Candles

Candles can help add a cozy feeling to your home during the cool fall months. It's important to remember that they are also an open flame. Candles can quickly get out of control if they are placed near flammable materials or get knocked over. Be sure to keep your candles away from such materials and in a place where children or pets can't reach them. Always blow out your candle before leaving your home or going to sleep.

### 4. Beware of Slippery Roads

Although most people associate poor road conditions with ice in the winter, fall can bring its own set of problems. From wet leaves to fog and ice to rain, road conditions can be just as treacherous. Always be aware of this and monitor your speed and traction while driving. If you're unsure, it's better to slow down rather than risk getting into an accident.

## 5. Be Cautious Around Ladders

Ladders present a huge risk for falls and serious injuries. If you are using a ladder to help decorate your home or to do yard work, it is important to do so safely. Be sure your ladder is the right height and is placed on level ground following the manufacturer's instructions. It's also a good idea to always keep at least three points of contact with the ladder. Finally, avoid stepping on the top rung of the ladder to prevent it from tipping over. If possible, have someone with you when using the ladder. They can help to hold it steady and call for help if an accident happens.

## 6. Practice Trick or Treat Safety

Trick or treat is a fun activity for kids and the whole family to enjoy. Although the focus is on candy and spooky costumes, you should also keep safety in mind. Always accompany small children while trick or treating and ensure that costumes are bright or reflective and can be seen at night. It's also important to avoid sharp props that can cause injuries. Finally, enjoy trick-or-treat candy in moderation to avoid stomach aches and blood sugar spikes.

## 7. Care with Pumpkin Carving

Carving a pumpkin is a classic fall activity. However, it can be dangerous if you aren't careful. Never allow children to carve a pumpkin on their own. Sharp tools can lead to serious cuts. It's also a good idea to use small carving tools from a pumpkin carving kit rather than a kitchen knife or larger blade.

## 8. Get Your Flu and COVID-19 Shots

One of the best ways to keep yourself healthy in the fall is to [get your flu shot](#) and your COVID-19 vaccine. The flu (and COVID-19) often gets pushed aside when talking about serious illnesses. However, it can be life-threatening, especially for the elderly and those with other medical conditions. Getting your vaccines this fall is quick, easy, and could save your life or the life of someone around you.

[San Francisco \(SF.gov\) – Get Vaccinated against Covid-19, flu, and RSC](#)

## 9. Set Back Your Clock for End of Daylight Savings Time

“Fall back, spring forward” is how you remember which way the clocks go in most of North America. In the same way that traveling to [different time zones can impact](#) your body's internal clock, the bi-annual flip of the clocks can do the same—even though it's only an hour. This can affect all of the things that are done on a schedule like sleeping and eating, and the disruption can also impact your mental health. Go to bed at your normal time on the Saturday night (do not adjust for the time change at 2 am). Wake up at your normal time but adjust for the time change to ensure you get an extra hour of sleep. It's important to go to bed at your normal time on Sunday evening as well, keeping your schedule as normal as possible.