



Introduction

Fall is a favorite season for many. Relief from the summer heat, leaves changing beautiful colors, holiday seasons approaching, and favorite fall flavors make fall a great season to enjoy. This week we are going to cover some of the hazards the season can present and more importantly how to avoid these hazards so this time of the year can be enjoyed to the fullest.

Monday – Fall Illnesses

In addition to the already impactful COVID-19 pandemic, fall is also the beginning of the flu season. Changing temperatures can also bring on the sniffles and pesky colds. Today we will cover the basics of how to avert these seasonal ailments.

- Get the flu shot. The earlier in the season the better. It's one more safeguard against the inevitable flu season.
- Wash hands regularly. By now this is probably second nature due to being so emphasized as a COVID-19 safety protocol but it's more important now than ever to ward off the fall time germs.
- Stay home if you are sick. If you limit your contact with others, transmission potential goes down dramatically.

Tuesday – Fall Sports

Fall is the ideal season for many outdoor sports. Cooling temperatures make our favorite outdoor events even more appealing. Today we will discuss the basic preparations you can make to get the most out of your favorite fall sports.

- Make sure you are conditioned. Proper warm up and cool down sessions go a long way in preventing strains and sprains.
- Have a first aid kit handy. If you are enjoying a backyard flag football game or entertaining a stadium full of fans, having the proper medical gear on hand is a must.
- Inspect the activity area for hazards. Especially if enjoying a pickup game in an unfamiliar park, there could be hidden hazards with the potential to cause serious injury.

Wednesday -Halloween Safety

Halloween is tomorrow! In addition to the creepy ghouls and goblins that will be haunting the streets, many other hazards could be lurking just around the bend... Today we will highlight some of the common Halloween safety hazards and ways to avoid them.

- Pedestrian traffic will significantly increase on Halloween night as trickier treaters go door to door in pursuit of candy. Keep an extra vigilant eye out if walking or driving in high traffic areas.
- Have your route planned out and remain in areas you are familiar with.
- Keep a close eye on little ones, distractions are abundant on Halloween night.



Weekly Safety Briefings

Week 45 – Monday, November 3 – Friday, Nov 7, 2025

Fall Safety

Thursday – Basic Fall Safety Tips

This week, we've highlighted some of the major fall safety concerns. Now let's take a look at some more general fall safety guidelines.

- Check smoke alarm batteries. Fall poses an increased risk of indoor fires.
- Make sure your heater is working properly before the chilly weather sets in.
- Be careful of space heaters. Do not leave unattended and make sure there is enough room around it.
- Be mindful of burning candles. We all love the fall favorite smells but leaving a candle burning unattended could be disastrous.
- Be prepared for changing weather. There are many preparations necessary to prepare a family and home for cold weather.

Friday – Open Discussion

Hopefully the last four days have provided some helpful tips for avoiding the safety hazards and getting the most out of the beloved fall season. Now let's open it up to the group to discuss your favorite fall activities and tips for keeping yourself and loved ones safe.

- What are your favorite fall activities?
- How do you stay safe during those activities?
- How do you prepare for the incoming cold season?