



## **Festive Feasting – Keep It Safe!**

As we look forward to the events that happen toward the end of each year – Thanksgiving, Hanukkah, Christmas, Kwanzaa, New Year’s Eve – we also anticipate family gatherings and parties that include; gifts, music, celebration, and, of course, FOOD! Special holiday meals and once-a-year delicacies are something everyone looks forward to with excitement. Unfortunately, when you combine lots people, lots of food, and sometimes inattention to how meals are prepared and served; a foodborne illness can put a damper on what should be a fun and happy time of year.

There are several different types illnesses of that can be spread by eating or drinking contaminated food or drink; but typical symptoms may include nausea, vomiting, diarrhea, fever, chills, and aches; which can start anywhere from several hours to days after contaminated food or drinks are consumed. The symptoms usually are not long-lasting in healthy people—a few hours or a few days—and usually go away without medical treatment. But, foodborne illness is no fun for sure, and can be severe and even life-threatening to anyone, especially those most at risk:

- older adults
- infants and young children
- pregnant women
- people with auto-immune diseases, cancer, or any condition that weakens their immune system
- people who take medicines that suppress the immune system

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Food Safety for Power Outages



Consumers in the U.S. can be assured that the U.S. food supply is one of the safest in the world. Producers, manufacturers, and government regulators take food safety seriously, assuring that the food products that enter commerce will not hurt consumers or make them sick. However, those who purchase and prepare that food must also do their part, especially when it comes to safe food-handling practices in the home. Practicing 4 basic food safety measures can help prevent foodborne illness, at the Holidays, and any time of the year.



The first rule of safe food preparation in the home is to keep everything clean.

- Wash hands with warm water and soap for 20 seconds (about the time it takes to sing "Happy Birthday" twice) before and after handling any food.
- Wash food-contact surfaces (cutting boards, dishes, utensils, countertops) with hot, soapy water after preparing each food item and before going on to the next item.
- Rinse fruits and vegetables thoroughly, before peeling or cutting, under cool running water and use a produce brush to remove surface dirt.
- Do not rinse raw meat and poultry before cooking. The possible splatter from washing these foods makes it more likely for bacteria to spread to areas around the sink and countertops.



- Don't give bacteria the opportunity to spread from one food to another (cross-contamination).
- Keep raw eggs, meat, poultry, seafood, and their juices away from foods that won't be cooked. Take this precaution while shopping in the store, when storing in the refrigerator at home, and while preparing meals.
- Consider using one cutting board only for foods that will be cooked (such as raw meat, poultry, and seafood) and another one for those that will not (such as raw fruits and vegetables).



Food is safely cooked when it reaches an internal temperature high enough to kill harmful bacteria.

- Color is not a reliable indicator of complete cooking. Use a food thermometer to make sure meat, poultry, and fish are cooked to a safe internal temperature. To check a turkey for safety, insert a food thermometer into the innermost part of the thigh and wing and the thickest part of the breast. The turkey is safe when the temperature reaches 165°F. If the turkey is stuffed, the temperature of the stuffing should be 165°F. (Please read on for more pointers on stuffing.)
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- Bring sauces, soups, and gravies to a rolling boil when reheating.
- Cook eggs until the yolk and white are firm. When making your own eggnog or other recipe calling for raw eggs, use pasteurized shell eggs, liquid or frozen pasteurized egg products, or powdered egg whites.
- Don't eat uncooked cookie dough, which may contain raw eggs.
- Keep hot foods on buffets, hot; in chafing dishes, roasters, or on heat plates; to maintain their temperature.



- Refrigerate foods quickly because harmful bacteria grow rapidly at room temperature.
- Refrigerate leftovers and takeout foods—and any type of food that should be refrigerated—within two hours.
- Cold foods on buffets should be kept on ice, or removed after two hours. Take special care with cold salads or cold sandwiches that contain eggs, mayonnaise, or meats – keep these refrigerated until just before serving.
- Set your refrigerator at or below 40°F and the freezer at 0°F. Check both periodically with an appliance thermometer.
- Never defrost food at room temperature. Food can be defrosted safely in the refrigerator, under cold running water, or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Allow the correct amount of time to properly thaw food. For example, a 20-pound turkey needs four to five days to thaw completely when thawed in the refrigerator.
- Don't taste food that looks or smells questionable. A good rule to follow is, “when in doubt, throw it out”.
- Leftovers should be used within three to four days

**Use care with stuffing**

Care must be taken that the combination of risky ingredients; like raw eggs and vegetables; and a raw bird don't cause unpleasant effects.

- Whether it is cooked inside or outside the bird, all stuffing and dressing must be cooked to a minimum temperature of 165°F. For optimum safety, cooking your stuffing in a casserole dish is recommended.
- Stuffing should be prepared and stuffed into the turkey immediately before it's placed in the oven.
- Mix wet and dry ingredients for the stuffing separately and combine just before using.
- The turkey should be stuffed loosely, about 1/4 cup stuffing per pound of turkey.

With a bit of extra care and time taken to follow good practices while preparing food, you can assure your holiday gatherings don't result in the unwanted gift of a foodborne illness.

**Further information on food safety is available by phone at:**

**The FDA Food Information Line**  
1-888-SAFEFOOD (1-888-723-3366)

**The USDA Meat and Poultry Hotline**  
1-888-MPHotline (1-888-674-6854)  
TTY 1-800-256-7072

Information for this article was obtained from “Food Safety Tips for Healthy Holidays”  
<https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm092815.htm>.

Visit the Federal food safety website, [www.foodsafety.gov](http://www.foodsafety.gov), for more in depth information on safe food preparation, food storage tips, food cooking temperatures, and more.

PEMA would like to thank Nancy Jury, Assistant Director, PA Department of Agriculture, Bureau of Food Safety and Laboratory Services, for providing this article.



## Hunting Safety

Ask even a veteran hunter where their greatest risk of injury comes from during the average hunt and you will probably hear answers like heart attacks in remote locations, exposure to extreme weather conditions, or hunting-related shooting incidents. However, recent studies suggest that the greatest risk of injury to hunters across the country comes from simply climbing up into a treestand. One study from the Columbus, Ohio area showed that of all the hunting-related injuries that occurred in a nine-year timespan, 46 percent were due to a treestand fall, the highest single cause of injury<sup>1</sup>. Treestand use has been on the rise in recent years, given the increasing popularity of archery hunting, which is most successful when hunting from an elevated position. Couple that with widespread availability and decreasing costs to purchase treestands and there are more hunters exposed to this risk than ever before.

When compared to a hunting-related shooting, it can be easy to assume that injuries from a treestand fall would be less severe. However, the same study in Ohio revealed that 59 percent of fall victims suffered a spinal fracture, 81 percent required surgery, and 8 percent suffered permanent neurological deficits<sup>1</sup>. Often, victims of treestand falls suffer a greater impact to their quality of life than victims of hunting-related gunshot wounds.



Fortunately, all treestand falls can be easily prevented, and the necessary equipment and knowledge is more widespread than ever. The first step is to always wear a full-body fall arrest system. These harnesses are now required by law to be with every commercially manufactured treestand on the market. In addition to wearing the harness, it is critical that it be connected to something for the duration of the hunt. This includes climbing into and out of the treestand. There are many commercially available systems that allow you to connect your harness as you ascend and descend the tree, or you can easily make your own with the correct ropes and knots. Next, make sure you read and follow the manufacturer's instructions for your treestand. These will include weight limits, assembly and installation directions, and warranty information. Make sure you also thoroughly inspect your treestand before each use. Keep an eye out for worn or fraying straps which should be replaced according to the manufacturer's specifications. If there is any doubt as to the structural integrity of your stand, do not continue to use it. Be aware that commercially manufactured stands are not intended to be left out in the elements for months or years at a time. (Continued on next page)

1. Crockett A., S. P. Stawicki, Y. M. Thomas, A. M. Jarvis, C. F. Wang, and P. R. Beery. 2010. Tree stands, not guns, are the midwestern hunter's most dangerous weapon. *American Surgeon* 76:1006-1010

## Hunting Safety (continued from page 4)

Environmental factors such as weather, ultraviolet radiation, and damage from tree growth or animal activities can all render a treestand unsafe. Lastly, and this goes for any type of hunting, make sure you let someone know where you will be hunting and when you plan to return. A study conducted in Pennsylvania discovered that the average time for a treestand fall victim to reach an emergency department was 4.2 hours<sup>2</sup>, a statistic that can be easily reduced by having a hunting plan and sharing it with an emergency contact.

Hunting from a treestand can be a great strategy to increase your hunting success, and it can be a very safe activity if some basic rules are followed. However, you should be aware of the risk you assume every time you climb into your stand, and should treat treestand safety with the seriousness that it deserves.

PEMA would like to thank Andy Hueser, Hunter Education Administrator, PA Game Commission for providing this article.

2. Smith J. L., E. J. Lengerich, and G. C. Wood. 2009. Injuries due to falls from hunters' tree stands in Pennsylvania. American Journal of Preventive Medicine 37:433-436.

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## Workplace Safety

### Hazard Identification

Hazard identification is one of the best ways to prevent incidents in the workplace. Reporting hazards is everyone's responsibility. There are three main ways to identify hazards in the workplace:

**Informal observations** – Safety hazards can be identified at anytime, anywhere in the workplace. If you notice a hazard and can fix it, do so. If you cannot fix it or it keeps coming back, notify your supervisor so a more suitable solution can be developed.

**Formal safety inspections** – Formal safety inspections are required to be conducted and documented. The frequency of formal inspections depends upon the worksite hazards. During formal inspections, those conducting the inspection will address hazards as well as provide acknowledgement for positive safety behaviors.

**Job safety analysis** – These are also known as JSA's. JSA's breakdown a procedure or work task into a sequence of observable steps, identify potential hazards and provide recommended actions or procedures. JSA's are beneficial for routine and/or high operations.

By identifying and correcting hazards, you are aiding in a safe work environment which ensures you **and your co-workers can leave work in the same condition you arrived.**

PEMA would like to thank Renee Russell, Safety Manager, PA Office of Administration, HR Service Center, for providing this article.

## Winter Weather Safety

November 6-10, 2017 is Winter Weather Awareness Week in Pennsylvania

(<https://www.weather.gov/ctp/WinterWeatherAwarenessWeek>)

**Pennsylvania Winter** - It's coming. Some like it, others fly south for its duration. Winter brings a vast variety of weather and associated hazards to the Commonwealth. Snow, sleet, ice, and bitter cold are all on the menu over the next several months. Here are some tips to stay safe during mother nature's cold season.

### Pennsylvania Winter Weather Hazards



#### Snow

- Reduces traction and creates slippery conditions for foot and vehicle travel
- Weight can bring down limbs and utility lines, and also roofs
- Can block vents to your home



#### Ice

- Eliminates traction and creates extremely slippery conditions for foot and vehicle travel
- Weight can damage trees and down limbs and utility lines



#### Cold

- Can result in hypothermia or frostbite to people and pets
- Can burst exposed piping

Now is a great time to ensure your family plan and supplies are ready the seasonal change. Use this checklist to get ready for winter, or download preparedness checklists from [www.Ready.PA.gov](http://www.Ready.PA.gov):

#### ✓ Get yourself ready

- Wear layers to help insulate your body from the cold
- Don't forget a hat and mittens to stay warm
- Consider donating extra or old supplies to those in need

#### ✓ Get your vehicle ready

- Check the wipers, coolant and other fluids
- Check your tire tread and install snow tires if possible
- Pack a shovel and kitty litter for traction, as well as an ice scraper and snow broom
- Build a car preparedness kit with a sleeping bag, blankets, non-perishable food, water, batteries, and a flashlight

#### ✓ Get your home ready

- Have your furnace and chimney cleaned and serviced
- Check the insulation and weather-stripping around your doors and windows
- Check the insulation on any exposed piping and bring in outdoor hoses
- Stock up on ice melt, and ensure your shovels and snow blowers are in shape

## PEMA is Social!

*Find us, visit us, like us, tweet us, retweet us!*



Twitter

<https://twitter.com/ReadyPA>

<https://twitter.com/PEMAdirector>

Facebook

<https://www.facebook.com/BeReadyPA>

## PEMA Can Also be Found on the Web!

*Be Informed, Be Prepared, and Be Involved!*



[www.Ready.PA.gov](http://www.Ready.PA.gov)



**pennsylvania**

EMERGENCY MANAGEMENT AGENCY

[www.pema.pa.gov](http://www.pema.pa.gov)

### Preparedness Events in November

#### Critical Infrastructure Security and Resilience Month

[www.dhs.gov/sites/default/files/publications/cisr-month-fact-sheet-2017-508.pdf](http://www.dhs.gov/sites/default/files/publications/cisr-month-fact-sheet-2017-508.pdf)

#### Native American Heritage Month

[www.nativeamericanheritagemonth.gov](http://www.nativeamericanheritagemonth.gov)

#### Military Family Month

[www.military.com/military-family-appreciation-month](http://www.military.com/military-family-appreciation-month)

### Additional Resources

Pennsylvania Emergency Management Agency: [www.pema.pa.gov](http://www.pema.pa.gov)

ReadyPA: [www.Ready.PA.gov](http://www.Ready.PA.gov)

SERVPA: [www.Serv.PA.gov](http://www.Serv.PA.gov)

Federal Emergency Management Agency: [www.fema.gov](http://www.fema.gov)

Office of the State Fire Commissioner: [www.osfc.pa.gov](http://www.osfc.pa.gov)

PA State Animal Response Team: [www.pasart.us](http://www.pasart.us)

PA511Connect: [www.511pa.com](http://www.511pa.com)

Pennsylvania State Police: [www.psp.pa.gov](http://www.psp.pa.gov)

Pennsylvania Game Commission: [www.pgc.pa.gov](http://www.pgc.pa.gov)

Pennsylvania Department of Agriculture: [www.agriculture.pa.gov](http://www.agriculture.pa.gov)

Pennsylvania Attorney General's Office: [www.attorneygeneral.gov](http://www.attorneygeneral.gov)

Pennsylvania Department of Agriculture: [www.agriculture.pa.gov](http://www.agriculture.pa.gov)

# Are you ReadyPA?

## ACTION SHEET

# FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.

## BEFORE

PLAN AHEAD (IF YOU CAN) ...

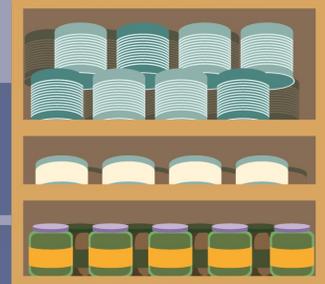


Put **appliance thermometers** in your refrigerator and freezer.

Keep **freezer 0°F** or below



**Group foods together** in the freezer to help food stay colder longer.



Store nonperishable foods on higher shelves to avoid flood water.



Freeze **containers of water** and **gel packs** to help keep food cold if the power goes out.

**Refrigerator 40°F** or below

Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.

If you think power will be out for an extended period of time, buy **dry or block ice** to keep the fridge or freezer cold.



## DURING

WHILE THE POWER IS OUT ...



Keep the refrigerator and freezer doors closed to **maintain cold temperature**.

**CLOSED**

IF DOORS STAY CLOSED ...

... a full freezer will hold its temperature for **48 HOURS** if half-full **24 HOURS**

... a fridge will keep food safe for **4 HOURS**

## AFTER

ONCE THE POWER IS BACK ON ...

WHEN IN DOUBT, THROW IT OUT!



**Check the temperature** inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.



Never taste food to **determine its safety!**

WHAT CAN I KEEP?

The following foods are safe if held above 40 °F for more than 2 hours:



WHAT SHOULD I THROW OUT?



**REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40°F OR BELOW.**

Source: USDA, <https://www.usda.gov>