Nothing is more important than keeping your loved ones safe. Yet, every minute, 17 children go to the emergency room with unintentional injuries – that's 9.2 million accidents that didn't have to happen every year.

It's often small decisions – a candle left burning, a dry Christmas tree or child left alone even for a moment – that could have life-changing consequences. When it comes to holiday dangers, the numbers are more startling than you might think:

1,650 the number of Americans injured in fires each year during the holidays.

250 the average number of Christmas trees that first ignite structure fires each year in America.

400 the number of American lives lost each year to fire during the holiday season.

15,000 the number of candle-related fires each year.

$990M the cost in damage due to fire during the holiday season.

5,800 the number of Americans treated in emergency departments for fall-related injuries sustained while decorating during the holiday season.

By taking simple steps, we have an opportunity to help change these statistics together. Committing a minute to safety can be as quick and easy as testing your smoke alarm, taking pillows out of the crib or simply using a cabinet lock. Imagine if every mom committed just one minute to safety every day? Thousands, perhaps millions of injuries could be avoided. Moms today have a powerful opportunity to raise a safer generation of children, and it can all start by committing just one minute to safety.

For more than 116 years, UL has been an independent safety certification organization that tests, inspects, validates and inspects products for safety.

Sources:

USAF December and Holiday Fires – 2006

NFPA – June 2010

CDC Fall-Related Injuries During the Holiday Season – 2004

NFPA Home Christmas Tree and Holiday Light fires – 2009

10 TOP TEN Holiday Safety Tips

1. Water, water, water your tree. Dry trees pose a fire risk — make a fresh cut on the base before putting your tree into a sturdy stand, and water frequently.
2. Check your lights; check them twice. Inspect all of your electric lights and decorations for damage or wear. Cracked sockets, frayed or bare wires and loose connections may pose a fire or shock hazard.
3. Plan your fire escape. Use the holidays as a good time to practice a fire escape plan with your loved ones. Identify at least two exits from every room in the house.
4. Sleep safe. Install carbon monoxide alarms. Be sure that at least one carbon monoxide alarm is installed on each floor of your home, and always close to sleeping areas.
5. Be flame aware. Always blow out unattended candles and teach your children to stay away from lit candles or fireplaces.
6. Give wrapping paper a second life. Don't burn used wrapping paper as it may cause intense flash fires; throwing it out adds waste. Consider recycling or repurposing it instead.
7. Know your lights and cords. Do not connect more than three miniature light strings together. Also, be sure to check the rating on your extension cords and do not plug in more than the recommended wattage.
8. Steer your tree clear. Your tree should be positioned at least three feet away from fireplaces, radiators and other heat sources. It should also not block any doorways or exits.
9. Decorate with a safe eye. Cords should not be run under carpets or tacked-up with metal nails or staples. Small decorations can be choking hazards so keep them out of the reach of toddlers.
10. Look for UL. The UL mark appears on products that have been tested for safety. Make sure to look for it to help keep your holidays safe and bright.