

TURKEY TIME? TRAINING TIME!!

While FirstNet Learning doesn't offer holiday-specific online courses, just thinking about holiday **hazards and risks** brings to mind courses that would come in handy both on the job and at home. Read on for course suggestions and some fun **Turkey Trivia!**



FIRE SAFETY may not save the turkey but it might save you!

This course covers basic fire safety principles, the recognition and prevention of potential fire hazards, and proper emergency procedures such as fire extinguisher operation.



Keep your hands and fingers safe with **HAND & FINGER SAFETY**

This course won't teach you carving methods but it does cover safety precautions to prevent industrial hand and finger injuries, hazards of mechanical and hand tools, the use of personal protective equipment, and more!



TURKEY TRIVIA

More than **45 million turkeys** are cooked & eaten in the U.S. at Thanksgiving—that's one sixth of all turkeys sold in the U.S. each year.

Age is a determining factor in taste.

Old, large males are preferable to young toms (males) as tom meat is stringy.
The opposite is true for females: old hens are tougher birds.

The ballroom dance known as the **Turkey Trot** was named for the short, jerky steps a turkey makes.

Many a noble bird has been **hacked to shreds** at the hands of unskilled knife-wielding friends and relatives.
Avoid the carnage. [Click here](#) to learn to carve like a pro at the University of Illinois Extension website!

Chefs recommend 1.5 lbs of turkey per adult & 1 lb per child—NOT INCLUDING STUFFING!
Gobble! Gobble!



**STRESS MANAGEMENT...
need we say more?**

This course covers techniques to manage and deal with stressful situations in and out of the workplace. Topics include warning signs, the effects of stress, different types of stress, and ways to control/relieve stress, maintain life balance, and resolve conflict.



**BACK INJURY PREVENTION
could be useful when you pull that
turkey out of the oven!**

This course teaches basic safe lifting techniques and alternatives to lifting, as well as movements to avoid when lifting. In addition, this course provides a back stretch and exercises to assist individuals required to lift objects at work to maintain a healthy back.

**FirstNet Learning has online courses to help you
not just through the holiday season, but every day of the year!
View our [catalog](#) of over 2,500 online courses in health, safety, human capital,
law enforcement, business skills, pc/desktop skills, and more!**

Train Any Time! Any Place! Any Pace!

Extra Helpings of Turkey Fun:

While FirstNet Learning does not offer online courses in cooking,
if you do need training on cooking a turkey,
there are hotlines that field hundreds of thousands of calls a year.

Sample call: A woman called to find out how long it would take to roast her turkey.
To answer the question, the Talk-Line home economist asked how much the bird weighed.
The woman responded, "I don't know, it's still running around outside."

Another caller was a restaurant owner in California
who wanted to knowhow to roast a turkey
for a vegetarian menu.

Enjoy your holidays!