’Tis the season to trim the Christmas tree, decorate the house and, now, more than ever, rush to the nearest Emergency Room!

Holiday-related injuries rise this time of year and many people of all ages are expected to show up at medical centers again this season. The cause of injuries — everything from falling off ladders while stringing lights to cutting yourself on ornaments and plastic packaging.

In 2010 (the latest researcy available):

• More than 13,000 people were treated for injuries that occurred while putting up Chistmas lights and other decorations.

• More than 250,000 people were treated in emergency rooms due to toy-related accidents, according to the Consumer Product Safety Commission), including more than 181,000 children younger than 15.

In addition, an average of 6,000 people a year go to the ER for so-called “Wrap Rage” — adults and kids who become so frustrated with that hard plastic around toys and electronics that they cut themselves when they try to tear it open.

The cuts come from scissors or other sharp tools used when prying the package open or really sharp edges on the packaging. Some sources show it can take up to 10 or more minutes to open one package — creating “wrap rage” for sure!

People suffer two times more injuries from trying to open packaging than injuries from skateboards or swimming pools.

Tips to avoid holiday injuries:

• Immediately discard plastic wrappings or other packaging on toys before they become dangerous play things.

• Adults can open toys and install batteries *before* wrapping them and putting them under the tree.

• Keep toys that are appropriate for older children away from younger siblings.

• Charging batteries should be supervised by adults. Chargers and adapters can pose burn hazards to young children. Also, some chargers lack any mechanism to prevent overcharging.