

HOMESAFETYMATTERS

SUMMER 2018

FIND IT-FIX IT AT HOME

Share your 'finds' for staying safe off the job!

True commitment to safety is 24/7/365. That's why we've expanded our Find It-Fix It program to include our lives outside work.

Find It-Fix It is a great tool to help us learn from each other. When you or a family member eliminates a safety hazard at home, fill out a Find It-Fix It form the next day at work.

Our coworkers shared these home safety Find It-Fix Its:

- An associate's wife was using her hands to remove staples from a picture frame. He stopped her and gave her pliers to remove the staples, preventing a cut.
- Three associates prevented trip hazards by repositioning a walk-off mat, picking up sticks near a fire pit and removing a cord from the floor.
- An associate's daughter was about to mow the lawn for the first time. Before she began, her mom showed her how to do it right - giving her ear plugs to protect her hearing and helping her gather sticks to prevent flying debris.
- An associate asked her mother-in-law to move a safe distance away before starting to demo flooring.
- An associate gave her son gloves and safety glasses to use while breaking up bricks.
- An associate picked up a pitch fork that was lying on the ground with the forks pointing up, and leaned it against the side of a shed.
- An associate asked his wife to unplug the vacuum before removing a stuck object.
- An associate asked his wife to use a ladder to reach a curtain rod.
- An associate moved a toy truck away from the base of a ladder that her son-in-law was using.

PACKING FOR A PICNIC?

- Keep your hands clean while prepping and serving food. (If soap and water aren't handy, pack moist towelettes.)
- Pack your cooler with dry food (chips, cookies, etc.) at the top of the cooler.
- Store meat in the bottom of the cooler so any spilled juices can't drip onto other foods.
- Keep uncooked meats, poultry, fish and shellfish separate from other foods - and in tightly sealed containers.
- Discard any perishable food left outside for over two hours (or one hour if it's hotter than 80 degrees F).

Source bhg.com

ON GUARD AGAINST HEAT ILLNESSES

Don't let heat stress turn into a heat stroke

What are the symptoms of heat stress?

- Headaches, dizziness, lightheadedness or fainting
- Weakness and moist skin
- Mood changes such as irritability or confusion
- Upset stomach or vomiting

Left untreated, heat stress can result in heat stroke, which is even more serious and can be life-threatening.

First Aid for Heat Stress

If you have even mild symptoms of heat stress, act quickly:

- Move to a cool, shady place.
- Sit down and sip water continually.
- Place ice or a wet cloth on your neck, arms and face.
- Seek medical treatment if symptoms continue.

The sun's ultraviolet rays can damage your skin in as little as 15 minutes. Follow these

SUN SAFETY TIPS:

Put on sunscreen with at least SPF 15 before you go outside.

Wear a hat with a brim all the way around that shades your face, ears, and neck.

Wear sunglasses to protect your eyes from ultraviolet rays.



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SUMMER STORM SEASON IS HERE

Secure your property and be careful behind the wheel

It's storm season. Secure your property before severe weather hits:

- Remove dead trees, overhanging branches and loose roofing.
- Put away anything that could blow away - lawn furniture, tools, etc.

If you have to drive in a storm

- Keep both hands on the wheel and slow down.
- Watch for objects blowing across the road and into your path.
- Keep a safe distance from vehicles
- Take extra care if you're in a truck, van, SUV or towing a trailer, because high wind gusts can flip large vehicles.
- If you don't feel safe driving, get off the road and stop with your hazard lights on and away from trees and anything else that could fall onto your vehicle.

Source: weather.gov

PLAY IT SAFE IN THE WATER

Rules for keeping your kids safe when swimming

When your family is swimming, make sure small children have your undivided attention.

Here are a few water safety tips:

- Never leave your child alone. If you must leave the area, take your child with you even if you'll only be gone a few minutes.
- Make sure you can see your child at all times. (Lifeguards can't be babysitters.)
- Make sure your child takes swim lessons.



- Don't let children play around pool drains and suction fittings.
- If a child is missing, check the water first.

- Get trained in CPR and first aid.
- Don't let your child swim or dive in unfamiliar areas, especially lakes and rivers, which can have strong currents and require more skill than a pool. (This rule applies to adults, too!)
- Don't let your child push or jump on others in or near the water - and don't let your child be around other kids who are engaging in rough horseplay.

Source: nsc.org

SAFE AT THE GRILL

- Propane and charcoal BBQ grills should be used only outdoors.
- Place the grill well away from the house, deck railings and out from under eaves and overhanging branches.
- Never leave the grill unattended.
- Keep children and pets away from the grill area.
- Remove buildup from the grill.

Propane grills

- Turn off the grill and have it serviced by a professional if there are bubbles or leaks when you check the connections or when you're cooking.
- If the leak doesn't stop after you turn the grill off, call the fire department immediately.

Charcoal grills

- You can use a charcoal chimney starter which will let you use newspaper as a fuel.

- If you use starter fluid, use only charcoal starter fluid - never add other flammable liquids.
- You also can use an electric charcoal starter - just be sure to use an extension cord for outdoor use.
- When you're done grilling, let the coals cool completely. Then dispose of them in a metal container.

Source: nfpa.org

Warm weather often brings

LIGHTNING AND SEVERE THUNDERSTORMS.

Don't underestimate the power of strong thunderstorm winds.

Postpone outdoor activities if thunderstorms are imminent.

Always identify a safe place to take shelter.



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