

HOMESAFETYMATTERS

SPRING 2022

LIFT SAFELY NO MATTER WHAT

Follow RLG Safety's guidelines for safe lifting - just like we do on jobsites

Cleaning, planting, setting out lawn furniture - spring weather means lots of lifting. Our associates do it safely every day. Here's how we do it on our jobsites:

- Plan before lifting. Know the path you'll take when you'll be carrying something - and make sure it's clear.
- Lift close to your body. The load will be more stable that way.
- Keep your feet shoulder-width apart and take small steps. This gives you the best balance and control.
- Raise and lower to the ground by bending your knees and keep your back straight. Don't bend at the waist or hips.
- Tighten your stomach muscles. This will keep your back in a good lifting position and will protect your spine.
- Lift with your legs. Your legs are much stronger than your back.
- Keep your chin up. This helps keep your back straight, too.
- Don't twist at the waist. If you need to turn, you should stop, turn your entire body by taking small steps and then continue walking.
- Communicate when lifting with another person. Make sure you are working in sync by using eye contact and verbal communication.
- If an object is too heavy or awkward, find someone to help you lift.

Source: RLG Safety

SPRING STORMS ARE COMING

Rule #1: When you hear thunder or see lightning nearby, seek shelter

Thunderstorms cause the most severe spring weather, bringing lightning, tornadoes and flooding.

On our jobsites, when lightning is observed nearby, all outdoor activities must stop and our associates must seek shelter until 20 minutes after the last observed lightning. It's wise to do the same when you're away from work.

- Seek shelter in an enclosed building or hard-top vehicle with windows up.

FIND IT-FIX IT

Remember to use the program away from work!

Commitment to safety is 24/7/365. That's why we encourage Find It-Fix Its from your life outside work - at home and in your community.

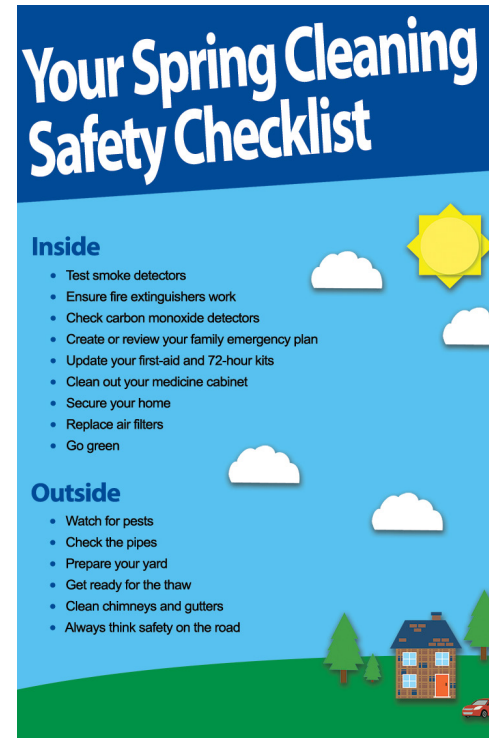
If you see an unsafe condition, elimi-

- Avoid open structures like porches, gazebos, baseball dugouts and sports arenas.
- Even when you're indoors, precautions are necessary. About one-third of lightning-related injuries happen indoors.

Stay safe indoors during a storm

- Don't lie on or lean against concrete because lightning can travel through metal wires and bars in concrete walls and flooring.

nate the hazard if you can or report it to someone who can address it. If you see someone doing something unsafe, help them find a safer way to do the task. Then complete and turn in a Find It-Fix It report at work.



- Lightning can travel through plumbing - so don't bathe, shower or wash dishes during a storm.
- Don't use anything connected to an electrical outlet.
- It's OK to use cordless or cell phones during a storm.
- Stay away from windows and doors.

Source: RLG Safety



RUDOLPH LIBBE INC
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Why Wear a Helmet?

Use the Eyes, Ears and Mouth Test

EYES CHECK Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.

MOUTH CHECK Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.

Helmets can reduce the risk of severe brain injuries by **88%**



EARS CHECK Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.



Use Appropriate Helmets for Different Activities

Children should always wear a helmet for all wheeled sports activities.

When Skateboarding and long boarding, make sure your child wears a skateboarding helmet.



Kid Safety Tips

Keep an Eye Out Actively supervise children until you're comfortable that they are responsible to ride on their own.

It Can Be Hard for kids to judge speed and distance of cars until age 10. Limit riding to sidewalks and be careful for vehicles in driveways, parks or bike paths.

Children Should Be Able to demonstrate riding competence and knowledge of the rules of the road before cycling with traffic.

Model and Teach Good Behavior

Kids learn from watching you, so it's extra important for parents to model proper behavior. Wear a helmet, even if you didn't when you were a kid.



For more information on bicycle safety, visit the NHTSA Web site at: www.nhtsa.gov/Bicycles or www.safekids.org.

GARDENING TIPS

Protect your hands and skin

- Wear gloves when working outside to protect your skin from blisters, fertilizers, pesticides, bacteria and fungus. Leather gloves also protect you from thorns, poison ivy, bites and stings.
- Avoid prolonged, repetitive motions.
- Use a hand shovel or rake rather than your hand for digging. Sharp objects and debris buried in the soil may cut you.
- Use the right tool for the job.
- Only use pruners, loppers or shears with safety locks.
- Always follow the manufacturers' instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and disconnect spark plug wires on gasoline-powered tools when not in use.

<https://www.assh.org/handcare/safety/gardening>

SMOKE ALARMS AND CARBON MONOXIDE DETECTORS

Why you need both and how to keep them in working order

Your home needs both smoke alarms and carbon monoxide (CO) detectors.

Three of every five home fire deaths are in homes with no smoke alarms, according to the National Fire Protection Association.

And, anything that burns fuel can potentially become a source of carbon monoxide, an invisible, odorless gas that can kill.

Install smoke alarms and CO detectors in a central location outside each bedroom and on every level of the house.

Test all smoke alarms and CO detectors every month and replace the batteries at least once a year. If an alarm makes a "chirping" sound, replace the battery immediately.

Mount smoke alarms and CO detectors at least 10 feet from the stove, less than 12 inches from the ceiling and away from windows, doors and ducts.

Your smoke alarms can be interconnected wirelessly and so can your CO detectors. That means when one detects smoke or CO, they all sound off.

Purchase smoke alarms and CO detectors with the label of a reputable testing agency, like Underwriters Laboratories (UL).

RLG WELLNESS COMMITTEE

Health benefits of peanut butter

Peanut butter, eaten in moderation as part of a balanced diet with exercise, offers many health benefits:

- It's a good source of Vitamin E, niacin (B3), manganese, Vitamin B6, magnesium and copper.
- Peanut butter is also a good source of oleic acid, a fat that helps maintain good cholesterol, blood sugar and blood pressure.
- It lowers our risk of heart disease and diabetes.
- Peanut butter's antioxidants help prevent and repair cell damage and lower our risk of obesity.

cy, like Underwriters Laboratories (UL).

Also, make sure vents for your gas appliances (fireplace, dryer, stove and furnace) are clear of snow, leaves and other debris.

Be prepared for emergencies

Take steps to prepare for any emergency, whether it's a fire, severe weather or other catastrophic event.

- Make sure at least one family member knows first aid and CPR.
- Download the FEMA app for resources, weather alerts and safety tips.
- Have a family plan that includes safe exits from your home and an outdoor meeting place to gather after an emergency.
- Have all important phone numbers in your cell phones, written down or memorized.
- Have an emergency kit in your car and at least a three-day supply of food and water at home.
- Store birth certificates, insurance policies, etc. in a fire-proof safe or safety deposit box.
- Know how to shut off utilities.

<https://www.nsc.org/home-safety/safety-topics/emergency-preparedness>

However, eating too much peanut butter or highly processed varieties can lead to:

- Weight gain
- Heart problems
- Mineral deficiencies

Looking for a healthier option? Reach for natural varieties or other nut butters such as almond, macadamia or walnut.

<https://www.webmd.com/diet/peanut-butter-good-for-you>