

HOMESAFETYMATTERS

FALL 2018

FIGHT THE FLU

Get vaccinated and stay as germ-free as possible

October is the perfect time to get your flu shot. The Centers for Disease Control generally recommends a flu shot for everyone older than 6 months.

However, not everyone should have a flu shot, so check with your doctor first.

Take some simple precautions to avoid catching and spreading the flu:

- Wash your hands frequently with soap, or use hand sanitizer.
- Cough or sneeze into the inside

of your arm, rather than covering your mouth with your hand.

- Avoid touching your face.
- Disinfect surfaces that may be contaminated.

If you get the flu, stay home if possible and don't return to work or school for at least 24 hours after a fever is gone.

When are we contagious? One day before symptoms appear and up to a week afterward.

Source: National Safety Council (NSC.org)

Students are heading back to school. Remember your responsibility in

SCHOOL BUS SAFETY

In Ohio, on a road with fewer than four lanes, all traffic approaching a stopped school bus from either direction must stop.

For the latest school bus laws, check in with your state's Department of Transportation.



RUDOLPH
LIBBE
GROUP

OPERATIONAL
SAFETY
EXCELLENCE

SAFE TRICK-OR-TREATING

If your older children go out alone, make sure they have cell phones - and follow these tips from the American Academy of Pediatrics (aap.org):

- Trick-or-treat in a group.
- Stay on well-lighted streets.
- Only cross streets at corners

or crosswalks, after checking for traffic.

- No cutting through backyards, alleys or between parked cars.
- Keep your own driveway and side-walks clear of slip and trip hazards.
- Don't assume drivers will see you or stop for you.

Keep your four-legged "kids" safe too:

- All pets should be indoors on Halloween.
- Don't let them eat candy, which can be toxic and even deadly.
- Keep pets away from lighted candles.

LEARNING FROM EACH OTHER

Share your 'finds' for staying safe outside work

When you and your family eliminate a safety hazard at home, fill out a Find It-Fix It form at work.

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

- An associate's son wasn't wearing PPE when using a pencil grinder with a flapper wheel. His dad stopped him and gave him gloves and a faceshield.
- At her mom's house, an associate re-

moved a cloth that had been draped over an oven handle just beneath the stove burners.

- An associate cut off broken tree limbs dangling above a sidewalk and put them in a dumpster.
- An associate repaired an opening in the backstop fence to prevent foul balls from hitting people behind home plate.

THINK AHEAD

Winter's coming! Plan for it

Snow, ice and freezing temps could be just a couple months away. Be prepared:

- Get your car winterized. Make sure all fluids are topped off.
- Make sure these items are in your car before winter hits: a shovel, flashlight with fresh batteries, spare cell phone charger, portable air compressor to fill tires, blanket and spare hat, gloves and socks.
- Don't forget your kids' cars!
- Check your snowblower - make sure it's in good working order.



RUDOLPH LIBBE INC
GEM INC
GEM ENERGY
RUDOLPH LIBBE PROPERTIES

HOME COOKING!

Prepping your hoilday feasts safely

Three ways to safely thaw turkeys:

- in the refrigerator
- in a sink of cold water that is changed every 30 minutes
- in the microwave

Never thaw a turkey on the counter. Left at room temperature over 2 hours, a turkey's temperature rises to a level where bacteria can start growing rapidly.

Stuffing safety tips:

Consider cooking stuffing in a casserole dish to make sure it is thoroughly cooked.

If you put stuffing in the turkey, do it just before cooking the turkey.

Make sure turkey and stuffing both reach 165 degrees F by inserting a food thermometer into the center of the stuffing, and the thickest part of breast, thigh and wing joint.

Wait 20 minutes after removing the bird from the oven to let turkey and stuffing cook a little longer.

Source: Centers for Disease Control and Prevention, cdc.gov

DOING YARD WORK?

Use your personal protective equipment!

Using a leaf blower? Wear your personal protective equipment. (That's PPE here at RLG):

- Protect your eyes and ears with glasses/goggles and ear plugs.
- Consider a dust mask.
- Wear gloves to give you a better grip and prevent cuts and blisters.
- Keep extension cords out of your path.
- Use an outdoor-rated cord.
- 3-pronged (grounded) tools must be plugged into the proper outlet. (Never remove the third prong or modify a plug in any way.)
- Never use a leaf blower when you're



on a roof or ladder. (If you absolutely must do this, ensure you're tied off safely, have secure footing and are not overreaching.)

With gas-powered leaf blowers, clean up any spills promptly, and thoroughly wash your hands after use.

Cleaning your leaf blower

Unplug your leaf blower before cleaning and ensure power is shut off completely before cleaning or changing attachments.

Change the air and fuel filters regularly and follow the manufacturer's recommendations. Keep the blower and cooling fans clean and clear.

Source: Safety.com

Football season is upon us! Take these
TAILGATING TIPS
into consideration this season.



Know the rules for your tailgate site and what might be prohibited.

Always use caution when entering or exiting parking lots.

Designate a driver early in the day—before any drinking begins.

Be prepared with water and sunscreen to avoid dehydration and sunburn.

**RUDOLPH
LIBBE
GROUP**

**OPERATIONAL
SAFETY
EXCELLENCE**

Reminders to drivers regarding FARM EQUIPMENT on the roadways:

Most farm equipment that is operating on the roadways is traveling at speeds between 15-25 mph.

Approach with caution and only pass when it is safe.

Remember that farm equipment is very large and cannot stop on a dime.



DECORATING FOR THE HOLIDAYS

Plan for safety as you decorate for the holidays. Anticipate what could go wrong and eliminate the hazards - just like we do on our jobsites.

Here are some safe decorating reminders from the US Consumer Product Safety Commission, cpsc.gov.

Trees

- Keep trees away from traffic, doorways and heat sources.
- Make sure Indoor and outdoor lights have labels showing that they have been tested for safety.
- Don't burn evergreens in the

fireplace. Flames can flare out of control.

Lights

- Replace lights with broken or cracked sockets, frayed or bare wires, or loose connections.
- Use no more than three standard-size sets of lights per single extension cord.
- Turn off all holiday lights when you go to bed or leave the house.
- Never use electric lights on metallic trees, which can become charged with electricity.

**RUDOLPH
LIBBE
GROUP**

**OPERATIONAL
SAFETY
EXCELLENCE**