

HOMESAFETYMATTERS

FALL 2020

WASH UP!

Clean hands are key to preventing illness

The Centers for Disease Control (CDC) says we should wash our hands:

- Before, during and after preparing food, and before eating.
- Before and after caring for someone who is sick.
- Before and after treating a wound.
- After using the toilet.
- After changing diapers or cleaning up a child who has used the toilet.
- After blowing your nose, coughing or sneezing.
- After touching an animal, animal food or waste.
- After touching garbage.

During the COVID-19 pandemic, CDC recommends washing your hands:

- If you have touched anything in a public place, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- Before touching your eyes, nose or mouth.

Wash your hands the right way

1. Wet your hands with clean, running water (warm or cold).
2. Lather the backs of your hands, between your fingers and under your nails.
3. Scrub at least 20 seconds.
4. Rinse well.
5. Air dry your hands or use a clean towel.

When there's no soap and water

Soap and water are best, but hand sanitizers with at least 60 percent alcohol are acceptable when soap and water are unavailable.

- Apply the gel to your palm.
- Rub the gel thoroughly over your hands and fingers until your hands are dry.

For more info, go to cdc.gov and mayoclinic.org

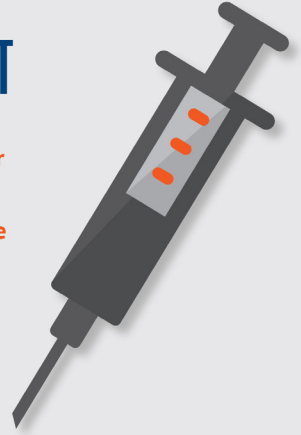
GET A FLU SHOT

as soon as available.

It takes up to 2 weeks for antibodies to develop.

Once inoculated, you are 60% less likely to need protection from the flu.

#GetAFluShot



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Flu shots are more important than ever

Because of COVID-19, it's more important than ever to reduce the spread of respiratory illnesses like flu this fall and winter. CDC recommends a flu shot in September or October - but getting vaccinated any time during flu season can help protect you.

For more info, go to cdc.gov

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.



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AS SCHOOLS BEGIN TO OPEN

Drive slowly and carefully - and stay alert

- Come to a complete stop at stop signs, and look for children on sidewalks and in crosswalks before proceeding.
- Eliminate distractions. Don't use your cell phone, eat or drink while driving.
- Back up slowly and carefully. Check your blind spots.
- Teach your children to never play in, under or around vehicles.
- Children on bikes can be unsteady and unpredictable. Slow down and allow at least three feet between your vehicle and a bicyclist.
- If your child rides a bicycle to school, make sure they wear a properly fitted helmet.
- Talk to your teen about safe driving. Car crashes are the leading cause of death for teens in the U.S. Nearly one in four fatal crashes involving teen drivers occur during the after-school hours of 3 p.m. to 7 p.m.

For more info, go to exchange.aaa.com



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PREVENT CARBON MONOXIDE POISONING

It's time to schedule your furnace and water heater inspection

Carbon monoxide (CO) is an odorless, invisible killer. CO can reach fatal levels in minutes - even if doors and windows are open.

Common symptoms of CO poisoning are headache, dizziness, weakness, upset stomach, vomiting, chest pain/tightness, shortness of breath and confusion.

If you have any symptoms - even if the detector alarm hasn't sounded - get everyone out of the house into fresh air immediately, including pets.

To prevent CO poisoning:

- Install CO detectors in and near

bedrooms and replace them before their expiration dates.

- Get your furnace and water heater serviced each year.
- Have your chimney inspected and cleaned each year.
- Using your fireplace? Keep your damper open for a while after the fire is out.
- Never use a gas oven for heat.
- Never use a generator in your home, basement or garage.
- You should not run your car in a garage. If you must, only run it briefly, with the overhead door all the way up.

For more info, go to cdc.gov

HOLIDAY DECORATING

Make your home as safe as it is festive

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 reminders from the U.S. Consumer Product Safety Commission (CPSC):

Trees

- Keep trees away from traffic, doorways, fireplaces, vents and radiators.
- Don't burn evergreens or wrapping paper in the fireplace.

Lights

- Make sure indoor and outdoor lights have labels showing that they have

been tested for safety.

- 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.
- Keep lighted candles within sight, away from all greenery, decorations, curtains and furniture - and extinguish them if you leave the room.

For more info, go to cpsc.gov

LADDER USE

Be careful up there!

Stay safe when you're working from ladders this fall:

- Read and follow all manufacturers' instructions and labels on the ladder.
- Look for overhead power lines before handling or climbing a ladder.
- Maintain a 3-point contact (two hands and a foot, or two feet and a hand) at all times.

- Stay near the middle of the ladder - don't lean so far to either side that your midsection is outside the ladder.
- Face the ladder while climbing up or down.
- Keep ladders dry and clean.
- Only put ladders on stable, dry and level surfaces.

For more info, go to nsc.org

Falling leaves means it's time for a HOME HEATING INSPECTION.

Check these items off your list:

- ✓ Schedule a time to have your HVAC units inspected.
- ✓ Evaluate the condition of your heat exchanger.
- ✓ Change the batteries in your home's carbon monoxide detector.



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SEEKING STORY IDEAS

What do you do to stay safe outside work?

What have you done to help your family, friends and neighbors stay safe? Submit your lessons learned and recommendations to: June Remley, 419/725-3119 june.remley@rlgbuilds.com

USING A LEAF BLOWER?

- Wear safety glasses/goggles, ear plugs and gloves.
- Consider a dust mask.
- Keep cords out of your path.
- Use an outdoor-rated cord.
- 3-pronged (grounded) tools must be plugged into the proper outlet. (Never remove the grounding prong.)
- First, walk through your yard and clear away rocks and other debris that can become projectiles.
- Stay at least 50 feet away from people and pets.
- Never use a leaf blower on a roof or ladder.
- After you're finished using the equipment, let it cool down before storing it.

Source: Safety.com