

HOMESAFETYMATTERS

SPRING 2020

ONE OF THE BEST WAYS TO STAY HEALTHY

When and how to wash your hands

To prevent illness, wash your hands:

- Before, during and after preparing food.
- Before eating.
- Before and after caring for someone who is sick.
- Before and after treating a cut or 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 animal waste.
- After touching garbage.

Wash your hands the right way

1. Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.
2. Rub your hands together with soap, lathering 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

When you can't use soap and water, use an alcohol-based hand sanitizer with at least 60 percent alcohol.

Sanitizers can quickly reduce germs on hands. However, they don't kill all germs and may be less effective on visibly dirty, greasy skin. They also may not remove chemicals like pesticides and heavy metals.

For more information, go to <https://www.cdc.gov/handwashing/when-how-handwashing.html>

CORONAVIRUS DISEASE 2019 PREVENTION



STAY HOME WHEN YOU ARE SICK

AVOID CONTACT WITH PEOPLE WHO ARE SICK

GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS

WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)

DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS

CLEAN ALL "HIGH-TOUCH" SURFACES EVERY DAY

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Additional information from the Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/>

TWO LIFESAVERS FROM RLG

Associates act quickly in emergencies

Christian Baldenegro, GEM facility management service tech, was driving between jobsites in early January when he passed a stopped car at the roadside.

The brake lights were on and the passenger side tires were resting over the curb.

Concerned, he circled back and parked behind the car to check the occupants.

Both driver and passenger appeared unconscious and didn't respond when he knocked on the vehicle window.

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Dave DeVore, GEM truck driver and a Lake Township volunteer firefighter, was honored with four other firefighters for their efforts to save lives during a Dec. 14 fatal drunk driving accident that involved their firetruck.

Each received certificates of commendation from Rep. Haraz Ghanbari on behalf of the Ohio House of Representatives.

With DeVore driving, the five firefighters were on their way to a fire on State Rt. 795 - but they never made it there.

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Dave DeVore



Christian Baldenegro

Read the full story on Dave DeVore's commendation in the Suburban Press :

<https://www.presspublications.com/>
or
<https://shar.es/aHofsl>



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SPRING STORMS ARE COMING

Rule #1: When you hear thunder, seek shelter

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

When lightning is observed near our jobsites, 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 we're away from work.

Seek shelter in an enclosed building or hard-top vehicle with windows up. Avoid open structures like porches, gazebos, baseball dugouts and sports arenas.

Even when you're indoors, precau-

tions 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.
- 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.

HOME FIND IT-FIX ITS

Our coworkers share their best practices for home safety

Our coworkers shared these Find It-Fix Its for staying safe outside work:

- "Kids' and grandkids' heads are just about countertop height and sharp corners can cut a child's head. Amazon sells soft, clear plastic corner guards by 'Baby Mate.' They can be used on table corners also."
- "Noticed daughter playing with phone charger while plugged in. Removed from outlet and placed in a drawer out of her reach."

TWO LIFESAVERS FROM RLG

Associates act quickly in emergencies

> Baldenegro continued from front

Baldenegro took all the essential steps in an emergency. He called 911.

To secure the car, he opened the unlocked passenger door and climbed across the occupants to put the car in park and turn off the ignition. Then he began trying to wake the men.

Another driver stopped to help and after seeing the condition of the men, she offered Narcan. Both men began regaining consciousness as paramedics arrived.

"With all the driving I do, I see a lot of stopped cars and I try to help as much as I can," Baldenegro says.

"I'm glad I was there, and I'm glad that lady was there to help. Everybody else just drove past those guys."

> DeVore continued from front

The drunk driver's car swerved across the center line and struck the firetruck after hitting another vehicle from behind which had stopped for the firetruck.

DeVore's side of the firetruck was hit in the crash, trapping him inside.

His fellow firefighters were able to climb out to help the people in the other vehicles.

The drunk driver later died and his wife suffered serious injuries. The people in the third vehicle also were injured.

Fire Chief Bruce Moritz credited DeVore for keeping the firetruck on the road and preventing it from rolling into the ditch - with just six inches to spare.

Spring is around the corner! Are you aware of safety precautions when it comes to

SPRING CLEANING?

Keep chemicals in original bottles with labels. Open windows and wear protective clothing when handling chemicals. Never mix household cleaners together, it can create a dangerous gas.



In case of a poison emergency, call 1-800-222-1222 immediately.



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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

How do you safely approach an accident scene?

On his Facebook page, Dave DeVore says: "Upon approaching an accident scene, please SLOW DOWN!"

"If the accident scene is on a two-lane road, slow down and hug the outside berm.

"Just because the accident is not in your lane doesn't mean you can do the posted speed limit. Speaking for myself and my fellow firefighters, police officers and others at the scene, we all want to go home.

"We are trying to take care of the victims on the scene and we don't want to be a victim ourselves. SLOW DOWN for emergency vehicles in the roadway and GO RIGHT when they are approaching from behind you."