

# HOMESAFETYMATTERS

WINTER 2020

## HOW COLD IS TOO COLD?

### Protect yourself from frostbite and hypothermia

Below-freezing temperatures and sub-zero wind chills can cause frostbite and hypothermia within minutes.

- Limit your time outdoors if it's very cold, wet or windy.
- Bundle up in several layers of loose clothing.
- Wear mittens - they keep you warmer than gloves.
- Cover your head and ears with a warm hat.
- Wear socks that will keep your feet warm and dry.
- Be alert to the early signs of frostbite and hypothermia - severe shivering, a feeling of pins and needles, throbbing or aching.
- Treatment at those early stages is simple - go indoors and warm up.

## FIND IT-FIX IT FROM HOME

### Helping families, friends and neighbors stay safe

Our coworkers shared these finds for staying safe outside work:

- My neighbor next door was about to dig up his yard, not noticing the power box across the street. I told him about the power box and to call 811.
- Someone was moving stations without unloading their gun at a sporting clay event. I told them to unload their gun before moving stations.

## SNOW REMOVAL

### Take the proper precautions when shoveling or snowblowing

Use caution and common sense when you're shoveling snow.

- Don't shovel right after eating.
- Stretch before you begin and take it slow.
- Push snow rather than lifting.
- If you do lift, use a small shovel or only partially fill the shovel.
- Lift with your legs, not your back.
- Take breaks before you feel exhausted - and spread out the snow removal over a few days if you need to.
- If you have a history of heart disease, get your doctor's permission to shovel snow - or use a snowblower.
- Know the signs of a heart attack.

Stop immediately and call 911 if you have any symptoms.

Using a snowblower? If it gets clogged with snow:

- Turn it off.
- Disengage the clutch.
- Wait at least five seconds after shutting the machine off to let the blades stop rotating.
- Use a stick or broom handle to clear the impacted snow.
- Never put your hand down the chute or around the blades.
- Keep all shields in place.
- Keep hands and feet away from all moving parts.

It's the season for snow, ice and wet leaves—the perfect combination for a

## SLIP, TRIP OR FALL.

**25,000 slip, trip and fall accidents occur daily in the U.S.**

**Wear appropriate winter footwear, use walkways that are salted and shoveled and never jump from vehicles or equipment.**



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## SEEKING STORY IDEAS

What do you do to stay safe outside work?

Submit ideas to:

June Remley, 419/725-3119

[june.remley@rlgbuilds.com](mailto:june.remley@rlgbuilds.com)

## ICE AND SNOW, TAKE IT SLOW.

**Plan ahead. Check driving conditions online. In Ohio, check [ohgo.com](http://ohgo.com). In Michigan, go to [michigan.gov/mdot](http://michigan.gov/mdot) and click "Roads and Travel."**

**See and be seen. Remove snow from windows, lights and signals.**

**Turn on your lights. It's the law.**

**Check the clock. Leave time to get to your destination safely.**



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## PROTECT YOURSELF FROM 'JUICE JACKING'

### Public USB stations can be infected with malware

Here's a tip from the RLG Help Desk: "Juice jacking" is a new electronic threat.

Scammers load malware into USB charging stations or cables they leave behind at a kiosk.

Once you plug in, your phone and electronic devices become infected. Your bank account, passwords and other sensitive information can be stolen in minutes.

As soon as scammers have access to the information they want, they

can erase all evidence of the malware from your device.

"Juice jacking" is easy to prevent:

- Never use public USB charging stations.
- Use an AC power outlet.
- Travel with your own portable charger along with your AC and other car chargers.
- If you find a cable anywhere, don't use it. Dispose of it to protect the next person.
- Never borrow a charging cable or device from a stranger.

## DRIVING IN WINDY CONDITIONS

### Slow down and stay aware of your surroundings

High winds can be as hazardous for drivers as rain, snow and ice.

Drive safely in windy conditions:

- Keep both hands firmly on the wheel, even if you have a low-profile vehicle.
- Drive below the speed limit. When it's windy, you can easily lose control of your vehicle if you're speeding.
- Turn on your headlights and maintain a safe distance from vehicles in front of you. High winds can kick up dust

and dirt, reducing visibility.

- High winds can cause high-profile vehicles to lose control or tip over, so be especially aware of vans, buses, trucks and 18-wheelers.
- Scan the road for tree branches, downed power lines and other debris that can fall or blow into your path.
- Don't park under large trees and power lines.

Source: [idivesafely.com](http://idivesafely.com)

### Downed power lines

- Assume that all downed power lines are live.
- Never drive over a downed power line - it could cause poles or other equipment to fall.
- If you see a downed power line, move away from it and anything touching it. The ground around power lines - up to 35 feet away - may be energized.

Source: [esfi.org](http://esfi.org)

## GET TRAINED.

According to the American Heart Association, effective CPR can double or triple a person's chance of survival after cardiac arrest.

70% of out-of-hospital cardiac arrests happen in homes. Be prepared.



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The Center for Disease Control recommends these tips to prevent

# CARBON MONOXIDE

poisoning in your home:

**Install a battery-operated or battery back-up CO detector on each level of your home.**

**Place your detector where it will wake you up if it alarms, such as outside your bedroom.**

**Replace your CO detector every five years.**



## CARBON MONOXIDE POISONING

### Have your heating systems inspected and install CO detectors

Carbon monoxide (CO) is an odorless, invisible killer.

Fatal levels of CO can be produced 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:

- Get your furnace and water heater serviced each year.
- Have your chimney inspected and cleaned each year.
- Keep your fireplace 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.
- Never run a car in an attached garage, even with the garage door open.
- Open the door to a detached garage when you run a car inside.



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