

BETTER OUTCOMES THROUGH EMPLOYEE SAFETY AND WELL-BEING

Spring Cleaning Checklist

Every year, Spring offers a sense of renewal - Mother Nature stirs back into life, trees begin to bloom, flowers make their appearance and the days begin to grow longer. As we embrace the environmental changes around us, it often inspires us to emerge from our wintery state of dormancy and begin cleaning out our own homes and offices. As you review your Spring cleaning agenda this year, add the following safety checklist as a reminder to keep safety a priority:

Check All Smoke Alarms

According to the National Fire Prevention Agency, three out of every five home fire deaths occur because the homes had no smoke alarms. If you have a battery-operated smoke alarm, it is important to remember to replace the battery at least once a year. To prevent false alarms, check that they are placed at least 10 feet away from the nearest stove.

Carbon Monoxide Detectors

Since carbon monoxide is invisible and odorless, it is crucial to ensure your carbon monoxide detector(s) are fully operating at all times. Ensure a fresh battery is placed in every detector on a yearly basis. For optimal safety, check that there is at least one detector located on every level of the home or office.

Emergency Plan and Kit

The National Safety Council advises everyone to annually review their emergency plans to be you know what to do. This is also a great opportunity to refresh your emergency kit, replacing any old or expired items.

Medicine Cabinet

It's not uncommon to have left-over medications after recovering from an illness or injury. Spring cleaning is an opportune time to clean out any old medications from your medicine cabinet and drop them off to a prescription drop-box or take-back event near you.

Source: National Safety Council



Watch Out for Tick Bites!

The Spring season presents a variety of hazards for outdoors workers or enthusiasts. However, there is one tiny concern that could present a big issue: ticks! Exposure to ticks commonly occurs in areas that have tall grass or are wooded and bushy. Capable of carrying a variety of parasites, bacteria and viruses, ticks have the capability to pass on illnesses to humans including:

Lyme Disease – Characterized by a bulls-eye type rash near the bite area, chills, fever, headache, stiff neck, dizziness and aching joints and muscles.

Babesiosis – Characterized by loss of appetite, fatigue, fever, sweats, chills, nausea, muscle aches, weakness and depression.

Ehrlichiosis – Characterized by fever, headache, muscle pain, chills, nausea, confusion, red eyes and (less commonly) a rash around the bite area.

Rocky Mountain Spotted Fever – Characterized by a spotted rash with either splotches or pinpoint dots, fever, stomach pain, lack of appetite, muscle pain, and vomiting.

Be sure to protect yourself against tick bites this Spring by wearing long sleeves, using insect repellent, wearing a hat and thoroughly check your clothing and skin every day.

Source: Center for Disease Control



Weather the Storms

Spring weather is infamously unpredictable and fierce. Thunderstorms cause most of the severe Spring weather bringing lightning, tornadoes and flooding to an area that may have been sunny just earlier that day. Because this kind of weather is so erratic, it is important to prepare for the unexpected with the following items:

1. Battery operated flashlight(s)
2. Emergency shelter plan
3. List of important personal information (i.e. medical information, contact information, insurance information.)
4. A first aid kit A 3-5 day supply of bottled water and non-perishable food items
5. Personal hygiene items Blankets/sleeping bag
6. First Aid Instruction Booklet

Source: Center for Disease Control

This KeyCares newsletter is for informational purposes only and is not intended as medical advice or to replace the services of a risk management professional. For more detailed information, please consult a medical or risk management professional.