

BETTER OUTCOMES THROUGH EMPLOYEE SAFETY AND WELL-BEING

## Spring Into Severe Weather Safety

Springtime means blooming flowers, warmer weather and a heightened risk for extreme weather conditions. Be sure to stay informed on severe weather safety precautions. Here are some tips to help keep you prepared:

### 1. Know the Difference Between a “Watch” versus “Warning”

- A “watch” occurs when there is a threat for severe weather to occur. Keep an eye on the sky and be sure to reference your local weather channel to stay up-to-date on any possible warnings.
- A “warning” occurs when reports have been received that severe weather has been spotted or indicated by a radar. It is best to immediately seek a safe, enclosed shelter.

### 2. Invest in a Weather Radio

Stay connected during extreme weather or power outages with a battery-powered weather radio. Make sure you have extra batteries on hand to stay up-to-date on the latest warnings and forecast. Visit [www.noaa.gov](http://www.noaa.gov) for a list of available broadcasts.

### 3. Go Inside if You Hear Thunder

Use the 30-30 rule as your main lightning safety guide. As soon as you first see lightning, start counting to 30. If you hear thunder before you reach 30, postpone your current activity or move it indoors. Suspend all outdoor activities for at least 30 minutes after the last clap of thunder.

### 4. Prepare Bad Weather Kits

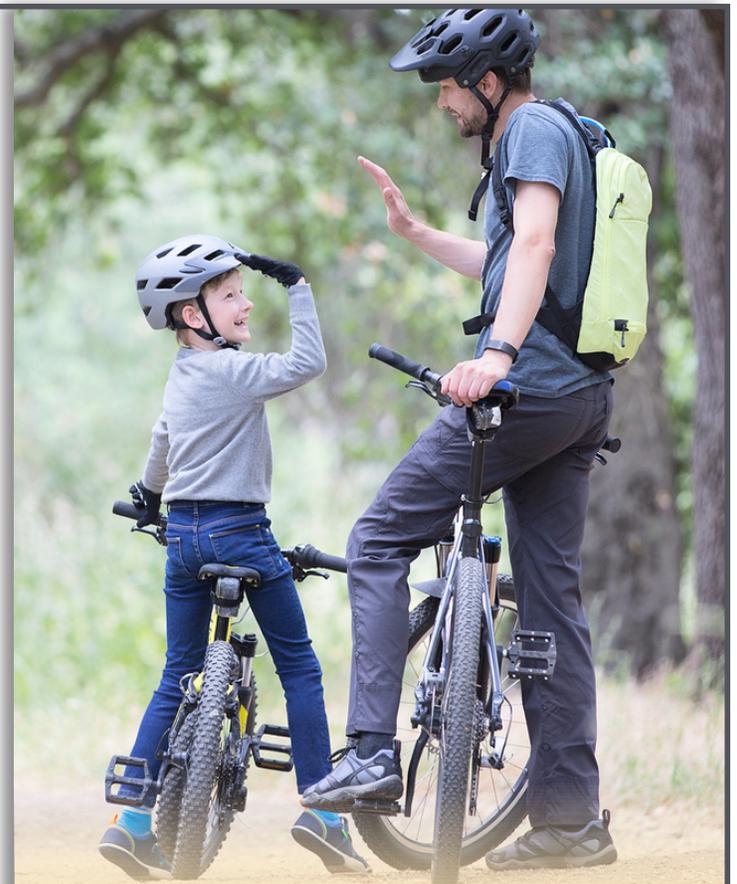
Prepare both your home and your vehicle for bad weather by putting together emergency kits with water, canned foods, manual can openers and basic utensils, flashlights, extra batteries, first aid supplies and personal medications. Frequently check expiration dates and replace any used or out-of-date items.

# Ladder Inspection Checklist!

Spring is a very popular time to begin yard work, home repairs and updates around the office. Ladders are one of the most simple and helpful tools we have to assist with any of these tasks, though they also come with a widespread risk of injury. Use the safety checklist below to inspect your ladder before use:

- Ensure the load capacity is correct for the job. Most household ladders support up to 200 lbs while industrial ladders can support up to 250 lbs.
- Check the feet to ensure they are not broken and that any slip-resistant pads are secure.
- Insure there are no cracks, bends, splits or corrosion. Mark "DO NOT USE" if any issues are spotted.
- Check rung locks and spreader braces to be sure they are working properly and are not loose.
- Secure all bolts and rivets and check for faulty welds or sharp edges.
- Check the rope and pulley on extension ladders to ensure they are not frayed. And are working properly.

Source: SafetyConnection: Ladder Safety



## Heads-Up: Wear Your Helmet!

As the sun shines brighter and the days get longer, outdoor activities such as riding your bike or scooter can become one of the most popular ways to stay in shape, see the sights and reduce pollution. Before hitting the streets, make sure you are wearing a properly fitting helmet! Use the tips below when searching for your helmet:

- Look for a helmet that says U.S. Consumer Product Safety Commission (CPSC) certified. This label means that the helmet has been tested for safety and meets the federal safety standard.
- To measure your right size, wrap a soft tape measure around your head just above your eyebrows.
- Make sure the pad inside the front of the helmet is one or two finger widths above your eyebrows.
- The chin strap should be centered under your chin, and you should be able to fit no more than one or two fingers between your chin and the strap.

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.