

# GOT RISK?

## District *Safety* Gram **PEOPLE-MISSION-SAFETY**



### Spring Cleaning

*Spring is upon us, and for many people, this part of the year means one thing: cleaning. While cleaning at home, many people believe they are safer. Unfortunately, over-confidence is one of the biggest contributors to accidents around the home as well as the workplace. Here are some tips for a safer time cleaning this spring.*

#### **Cleaning safe this spring:**

- Check smoke alarm batteries and replace as necessary. This should be done on a monthly basis.
- Childproof/ petproof kitchen cabinets to prevent unintended access.
- Replace harmful/ toxic chemicals and cleaners with non-toxic versions. Many replacements for harmful chemicals are readily available at grocery stores.
- Dispose of old chemicals and paints in the proper manner. Many old chemicals, such as paints, become useless after a few years and end up taking up space, collecting dust and becoming a potential fire hazard.
- Never leave children unsupervised when they are around cleaning agents.
- Wear a mask when going into dusty conditions (such as an old attic or basement). Dust can cause anything from allergies to serious respiratory issues. In cases where asbestos was used for insulation, wearing a protective mask is very important.
- Ensure proper lighting -- no one wants to carry a heavy box and then trip over something in the dark.
- Keep walkways/hallways clean and free of obstruction -- even a well lit hallway can cause problems when someone doesn't see the extension cord on the floor.
- When lifting, use your knees and not your back. Over-exertion can cause temporary to permanent bodily damage. The risk for this type injury increases with age, but also occurs regularly to people of all age groups.
- If an object is too heavy, get help rather than risk an injury.
- Use a step ladder when an object is higher up. Don't risk having something fall on top of you, especially when working alone.
- Check vents and lint traps. Clean them thoroughly. Buildup causes backup, which could result in a fire.
- When working outside, be sure to monitor your body temperature, drink plenty of fluids and take breaks as necessary.
- Check the grill/B-B-Q for wear and possible hazards, such as a gas leak. Even when left unused, wear and damage from the elements can still occur.

**Remember: It takes more than luck to stay safe!**

