

"Asking me to overlook a simple safety violation would be asking me to compromise my entire attitude toward the value of your life."

SPRING SAFETY

TOPICS:

- *Yard Work*
- *Extension Cords*
- *Playground Safety*
- *The Lighter Side of Safety (Cartoon)*
- *An Ounce of Prevention*
- *Fog*



Time for Yard Work!

As the temperature rises and the grass turns green, people get the itch to begin their spring yard work. Before you grab your rake or fire up your lawn mower, review the following safety tips:

√ Don't overdo it! Begin your spring work gradually in order to keep soreness and fatigue to a minimum.

√ Limit your exposure to the sun and choose a good sunscreen to protect your skin. It's also a good idea to wear a hat when out in the sun.

√ Before beginning any job, inspect your tools and obtain any protective equipment that will be needed.

√ Mowing the lawn:

- Know how to operate the equipment
 - - Don't disconnect safety devices
 - - Dress properly for the job
 - - Wear close-fitting clothes
 - - Sturdy shoes
 - - Safety glasses
- Clear the cutting area of debris before you begin
- Mowers can throw objects at more than 200 mph
- Keep your hands and feet away from moving parts
- Don't allow children or pets in the yard while you are mowing
- Take rest periods and drink a sufficient amount of water--no alcoholic beverages
- Don't refill lawn mower gas tank while the engine is hot

Not the Way to Mow the Lawn

Mowing the lawn without the proper footwear or no footwear is potentially very dangerous. In the case of this barefoot mower, he could step on something sharp and cut his foot or lose his footing and fall.



Extension Cord Safety List

Extension cords are designed for temporary use only. They're not made for constant use, and especially NOT for plugging in multiple appliances! However, a lot of people use them as permanent extensions to lamps and/or appliances because their cords are too short to reach an outlet.

Some Do's and Don'ts:

- Do use extension cords only on a temporary basis and within the limitations on the product label.
- Do put safety covers on unused receptacle outlets and extension cords.
- Do unplug the appliance and call an electrician if there is sparking, smoke, or odor coming from any outlet, plug, or appliance.
- Do examine appliance and extension cords regularly for signs of wear and tear and damage to insulation.
- Don't use extension cords as a permanent substitute for inadequate house wiring.
- Don't attach extension cords to the wall with nails or staples.
- Don't use extension cords that are worn or damaged.
- Don't put extension cords under rugs or in high-traffic areas; don't rest anything on an extension cord.

- Don't overload cords with more than the proper electrical load.
- Don't place any appliance cord on or near a hot surface.

KEEP YOUR CHILDREN SAFE

A Quick Checklist for Parents

Place this list in a prominent area of your home for quick reference. Then, before your children head out the door for the playground, check that:

Supervision is present, but strings and ropes aren't. Adult presence is needed to watch for potential hazards. Observe, intercede, and facilitate play when necessary. Strings on clothing or ropes used for play can cause accidental strangulation if caught on equipment.

All children play on age-appropriate equipment. Preschoolers, ages 2 to 5, and children, ages 6 to 12, are developmentally different and need different equipment located in separate areas to keep the playground safe and fun for all.

Falls to surface are cushioned. Nearly 70% of all playground injuries are related to falls to the surface. Acceptable surfaces include hardwood fiber/mulch, pea gravel, sand and synthetic materials such as poured-in-

place, rubber mats or tiles. Playground surfaces should not be concrete, asphalt, grass, blacktop, packed dirt or rocks.

Equipment is safe. Check to make sure the equipment is anchored safely in the ground; that all equipment pieces are in good working order; S-hooks are entirely closed; bolts are not protruding; there are no exposed footings, etc.

Safety checklists are available from the CPSC or the [National Program for Playground Safety](#).

FAST FACTS

By the Numbers

Three in every 10 Americans will be involved in an alcohol-related traffic accident at some time in their lives.

In the home, there is a fatal injury every 16 minutes, and a disabling injury every 4 seconds.

Top Four in number of fatal events in the home: Poisonings, Falls, Suffocation by Ingested Object, and Fires/Flames/Smoke.

8,000 people died from falls in 2002. Four out of five were over the age of 65.

APRIL SAFETY HAPPENINGS

**NATIONAL YOUTH SPORTS SAFETY
MONTH**

**NATIONAL WORK ZONE
AWARENESS WEEK (4-10 APR)**

**SEVERE STORMS AWARENESS
WEEK (19-23 APR)**

**NATIONAL PLAYGROUND SAFETY
WEEK (26-30 APR)**



Of course it's ALL necessary. You're BOILING water today !

OTHER APRIL HAPPENINGS

DAYLIGHT SAVINGS TIME BEGINS APRIL 4TH (SPRING FORWARD)

EASTER SUNDAY (11 APR)

HOLOCAUST REMEMBRANCE DAY (18 APR)

THANKS to 2 AF for the great newsletter articles above!

AN OUNCE OF PREVENTION...

...is worth a pound of cure. This adage is true for myriad things in life, including personal safety and compliance with the law.

The ounce of prevention:

- Approved helmets must be worn whenever you're driving a motorcycle, engaged in bike riding, skateboarding, rollerblading, riding a motorized scooter or ATV, etc.



- Reflective gear on the upper part of the torso is required when driving a motorcycle and visibility is poor (darkness, foggy/inclement weather conditions, etc.)
- Wearing all other required Personal Protective equipment
- Turning your low beam headlights when the weather is foggy, misty, or rainy, as well as when there's darkness
- Skateboarding only at the Skate Park or Roller Rink
- Riding a motorized scooter only if you're over 16 years of age; on streets 25 mph or less
- Riding an ATV only if you've completed an SVIA course



The pound of cure:

- Ticket for noncompliance
- Loss of driving privileges (if you've accrued too many points)
- Injury, debilitation, loss of income, unhappy family

PICK YOUR CHOICE--WHAT WILL IT BE?!

FOG...

Fog is a very common occurrence here and in surrounding areas

At night, the fog rolls in from the ocean and usually dissipates by mid-morning

The fog can be very thick and can create treacherous driving conditions

Fog will reflect the light from high beams and actually reduce visibility



Here are some safety tips:

- **SLOW DOWN !!**
- **Drive with low beams on**
 - *It is illegal to drive with parking lights on.*
- **Avoid crossing traffic lanes**
- **Don't stop on highways except in an emergency**
- **Move away from stalled or disabled vehicles**
- **Consider postponing your trip until the fog clears**

**See and Be Seen – Turn Your Lights On!!!
Visit the CHP (California Highway Patrol)
website at: www.chp.ca.gov**