



MASSAD OLINDE

Benefits Consulting

(225) 215-1010 • (866) 237-7723
info@massadolinde.com



Home **Safety**
Month.

Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit [coronavirus.gov](https://www.cdc.gov/coronavirus).

DIY **DOs** and **DON'Ts**

Warm weather is the opportune time to start that DIY project — here are some precautions to keep you injury-free.

Do wear appropriate protective gear, such as gloves and safety goggles, when working with chemicals or power tools.

Do follow manufacturers' instructions for using tools or chemicals.

Do remember ladder safety — always place on level ground and keep three points of contact at all times (i.e., one hand and two feet, one foot and two hands).

Do maintain your tools and discard damaged or worn tools.

Do power off and unplug all tools when you are finished using them — even if you are leaving for a short break.

Don't work with electrical wires unless you are a trained, qualified electrician.

Don't hurry through a job. Rushing leads to accidents.

Don't attempt to reach while on a ladder. Instead, move the ladder.

Don't refuel tools, generators or mowers in an enclosed area such as a garage.

Don't use your hand to dislodge anything stuck in a power tool.

When you do projects yourself, you can save money, time and gain a sense of accomplishment. Just make sure you follow all precautions.



Gardening Guidelines

Gardening can be relaxing, and it's great exercise. Make sure you indulge your green thumb safely:

Stay out of the sun from 10 a.m. to 4 p.m., if possible, and always use an ample amount (a shot glass) of broad-spectrum sunscreen with SPF 30. Tip: Slather it on 20 minutes before you head out. Wear a hat and sunglasses, too.

Use insect repellent containing DEET or wear pyrethrum treated clothing. Wearing long-sleeved shirts, rubber boots and pants tucked in your socks can also protect you against insect bites.

Wear garden gloves to protect your hands while gardening. If you are using hedge trimmers, mowers and other machinery, wear safety goggles, hearing protection, sturdy shoes (never sandals or flip-flops) and long pants.

Follow all instructions and warning labels when using garden chemicals and equipment.



Window Safety Reminders



Falls from windows send about 3,300 children, 5 years old and younger, to emergency rooms every year, according to U.S. Consumer Product Safety Commission estimates. Prevent tragedies, such as falls from windows, by following these six tips:

- **Install** window guards and window stops if young children live or visit your home. Make sure they have a release mechanism in case of emergency.
- **Open** windows from the top, not the bottom.
- **Keep** furniture and toys away from windows.
- **Remember** that screens do not prevent children from falling.
- **Keep** windows closed and locked when no one is home.
- **Inspect** windows to make sure they aren't painted or nailed shut.

Start Up the Grill

Barbecues and summer go hand in hand. Using a propane grill is easy and convenient, but don't forget to follow these important safety guidelines:



- ◆ **When refilling a propane cylinder,** check for dents, rust or damage. Bring the full cylinder home immediately and keep your vehicle ventilated with the cylinder valve closed and plugged or capped.
- ◆ **Never use a propane grill inside the house.** And, keep the grill well away from the home, deck railings, trees and other flammable materials.
- ◆ **Check the grill for gas leaks before using it.** Contact a local propane gas retailer to obtain leak-detection instructions. If you smell gas, turn it off and get away from the grill. Call the fire department.
- ◆ **Don't smoke,** use matches or use lighters when near a propane cylinder.
- ◆ **Keep cylinder valves closed** when not in use.
- ◆ **Always use or store cylinders outdoors in an upright,** vertical position and away from sources of ignition.

Time to Rewire?

It's always a good idea to evaluate your home's electrical wiring, especially if you live in a home more than 40 years old.

How do you know if it's time to get your home inspected by a professional, licensed electrician? **Here are some signs:**

- Frequent blown fuses or tripped breakers.
- A loud buzzing, humming or sizzling sound.
- Dimming or flickering lights. Lights that burn out frequently.
- Hot, discolored switch plates, cords or plugs. Loose outlets.
- A burning smell.
- Arcs or sparks from outlets when plugging in and unplugging.
- Electrical shock when plugging into an outlet.
- If your home has aluminum instead of copper wiring.
- Over-ramped or over-fused electrical panels.
- Cut, broken or cracked electrical insulation.



Staying Cool and Safe: Plastic and Inflatable Pools

When your little ones are looking for a way to stay cool at home, it's always great to have a child's pool in your backyard. But just because it's small doesn't mean it's safe. Here are some pool precautions:

Supervise your child. Keep your full attention on your child with no distractions, including your cell phone. Consider installing door alarms, too.

Empty small pools and keep a barrier around a larger inflatable. Empty a small pool after every use. Install a fence around larger inflatable pools to prevent entry. Caution: Portable pools pose a particular danger because the sides can easily collapse and can cause a child to fall into the water.

Teach your child to swim. It's never too early for them to learn. Have them always wear a personal flotation device in or near the pool, too.

Prevent bacteria from spreading. Empty the pool and clean it with a disinfectant after every use. Allow it to dry in the sun for 4 hours. If a child soils his or her diaper while in the pool, clear the pool and repeat the same procedure. Note: According to the CDC, medium and larger inflatable and plastic pools that cannot be emptied daily need to have filters and appropriate disinfection systems that meet the same codes and requirements as full-sized swimming pools. Learn more at [cdc.gov/healthywater/swimming/swimmers/inflatable-plastic-pools.html](https://www.cdc.gov/healthywater/swimming/swimmers/inflatable-plastic-pools.html).

Know CPR. Even the most vigilant parents may have to respond to an emergency.

