



# SEMDSA Health & Safety Zone

## Spring Safety

With warmer weather and long days, people emerge from their winter cocoons to focus on long-neglected projects like spring cleaning, home repairs, and yard work.

Many are also lacing up their shoes for their first outdoor walk or jog of the season. These activities can be extremely beneficial, but also involve a variety of health and safety hazards that can be avoided with the proper precautions.

To help ensure everyone in our community stays safe this season, staff at Spiritwood and Big River Ambulance offer the following tips and suggest that you post them where they can be seen by your family members.

Nature is undergoing a fresh start and so are homeowners who are ready to clean up.

- Make sure gasoline, cleaning fluids, chemicals and paints are well marked and stored safely out of the reach of children.
- Remove all fire hazards including old rags, newspapers and magazines. Pay special attention to areas around your furnace, hot water heater, dryer as well as under the stairs.
- Never use gasoline to clean sinks, auto parts or floors.

Itching to get the yard into shape this summer? Here are some ways to help ensure your spring spruce up is disaster free.

- Always wear protective clothing when you handle pesticides and fertilizers.
- Rake before you mow to prevent loose debris from launching into the air.
- Don't use electrical mowers on wet grass.
- When refueling your mower, make sure the engine is off and cool.

Ready for some outdoor exercise and adventure? Here are a few pointers.

- Winter's inactive muscles can only take so much strain. Don't overdo it-build up slowly so you don't get strains that can put you out of commission for some time.
- Spring's extra rain and thawing snow can cause normally safe rivers, streams, and creeks to turn treacherous. Even standing on banks can be risky as they can be undercut by rushing water and give in under your weight.
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These are just a few safety precautions to consider during the spring. It's also a great time to replace your smoke detector batteries, make sure your fire extinguishers are placed in proper locations around your home, and ensure you have a working flashlight and battery powered radio for spring storms. By taking the right precautions when warmer weather beckons, you and those around you can enjoy a safer, healthier spring.