



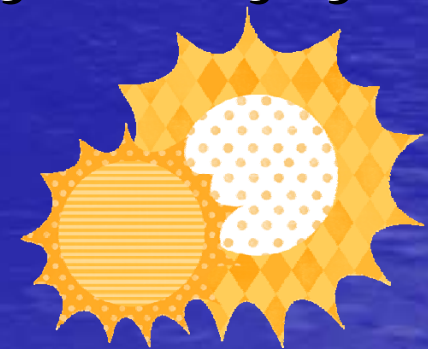
Summer Yard Safety "Safety Minute"

Jim Chrzanowski

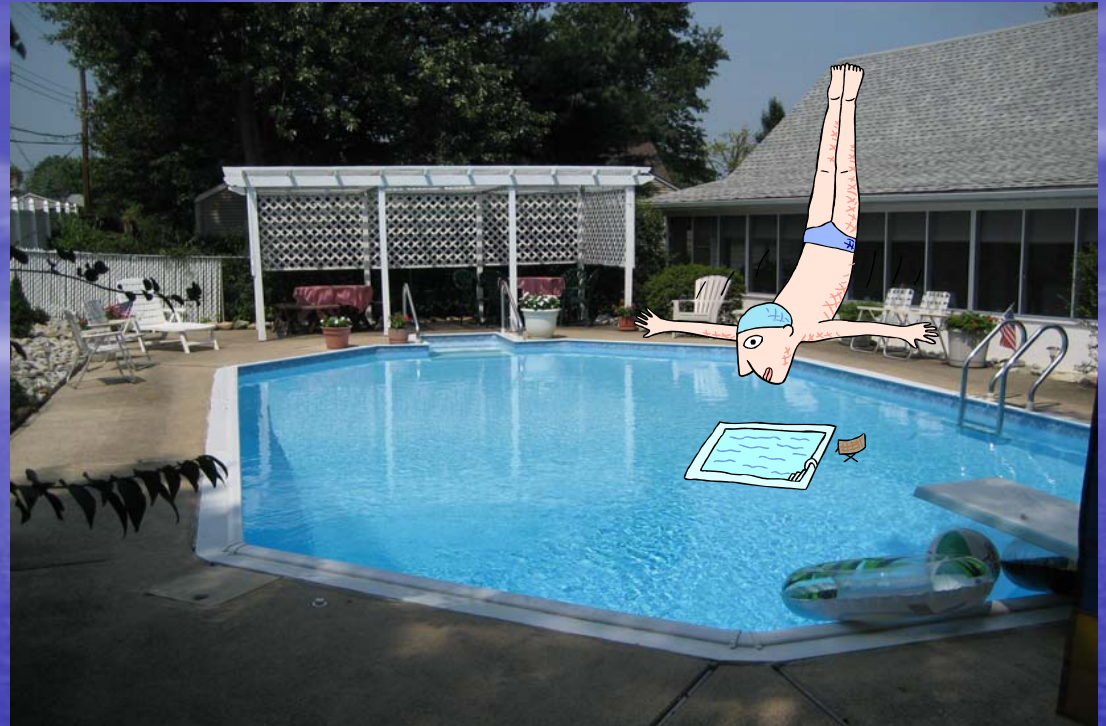
July 2, 2008

Warm Weather Activities

- Along with the summer and warm temperatures comes the return for many to the outdoors.
- You should enjoy these great days, but do it wisely with some thought to safety
- Here are just a few personal common sense notes that I have to help you enjoy.



Pool Safety



- No running or horsing around
- No diving from shallow end of pool
- No glass bottles or containers in the pool area
- Make sure that you can swim before entering the deep end of the pool
- Watch your kids while they are near the pool area- a drowning accident can happen very quickly
- Wear sun protection- sun screen, hats etc.



Safety for Summer Chefs

- Always take care when cooking on the grills [gas or charcoal]
- Be cautious when using lighter fluids
- Watch for potential burns- use mitts or pot holders
- Do not light your gas grill under a house overhang. [I know someone whose house burned down]
- Check your gas grill for faulty hoses or burners
- Be aware of possible flare-up from cooking meats on the grill
- Make sure that you know how to cook- good way of ruining a party





Yard Work Safety

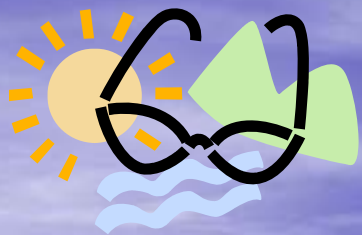


- Make sure that you are wearing the proper eye protection whenever using an edger, hedge trimmers, chain saw, etc,



- I nearly lost sight to my eye doing pruning [no power tools] I was wearing my regular glasses, but a branch poked my eye from the side. **I was very lucky**
- Be cautious of your back and knees when working in the yard weeding or picking up branches, leaves, etc
- Use proper hand wear or gloves when weeding, shoveling, etc. Improper hand protection results in cuts, blisters, splinters or thorns
- Don't over exert yourself in the heat.
 - Wear sun protection
 - Drink plenty of liquids
 - Take breaks so that you don't become over heated





Summer Fun



- Enjoy your summer but think about safety before jumping into the pool, playing yard games, cooking on the grill or working in the yard.

