



SPRING CLEANING SAFETY



As the weather warms, American families are turning their attention to in-home spring cleaning as well as outdoor projects and play. Whether household chores and cleaning, do-it-yourself tasks or playground games, these common spring activities are often associated with a number of serious home dangers including falls, poisonings, fires/burns and drowning hazards.

Spring activities put families at even greater risk outdoors and around the house. We want people to be able to recognize potential dangers associated with these activities and make quick and easy adjustments in and around the home before getting caught up in spring activities. The risk of injury can be greatly reduced by following simple safety steps inside and outside the home.

SPRING CLEANING THE SAFE WAY

If you need to climb, use a stepladder or safety ladder. When using a ladder, stand at or below the highest safe standing level. For a stepladder, the safe standing level is the second rung from the top, and for an extension ladder, it is the fourth rung from the top. Before using, make sure the rungs are dry and the ladder is securely positioned on a flat surface.

When cleaning out cabinets, read all product and medication labels carefully and separate those that say "Caution," "Warning" or "Danger" on them. To prevent poison exposures, lock these up out of sight and reach of young children.

Follow safety recommendations when using harsh products, such as wearing gloves and masks. Do not mix products together because their contents could react with dangerous results.

It's that time again to Start! Walking. National Start Walking Day is April 6th!! Join County employees and thousands across America as we head into Spring and get back into our walk-
ing routines. Start!



www.startwalkingnow.org is a program where you can access a free activity & food tracker and win prizes. Last year, Renee Burns of the BOE and Dan Goode of Co. Gen won Wii Systems for logging the highest amount of steps.

The price of groceries is going up, up, up and there's nothing we can do about it. Or is there?? Many people have started couponing to lower their bill. You may be surprised to learn name brands can be cheaper than generic. Also, coupons are not just for junk food anymore. There are coupons for healthy options like frozen veggies, hummus, & cheese. Coupons are found in the Sunday paper, websites, and blinkie machines in the store. Matching buy one get one offers with coupons results in big savings at the register. For example, one of my recent purchases was for Finish dish washer detergent 32 gel packs: Regular price \$14 for two boxes. They were on BOGO Sale (\$7 for 2). I had (2)\$1 off coupons which made my final price \$5 per box!! Retailers have a 12 week cycle. Stockpile for the amount your family will use during that time. Purchasing items on sale versus when you need them frees up money. Share some of your good fortune with shelters like Journey Home, Room at the Inn, or Greenhouse Ministries. Our next coupon class is May 21st Intro & Advanced. RSVP: kperrien@rutherfordcountytyn.gov

