For Springtime Safety's Sake...

Finally, after a long winter, the days are sunny, longer and warm winds are here! It’s time to get outside and enjoy the outdoors. Get those leaf-filled gutters cleared, dead plants out of the flower beds and that green stuff off the house. As seen on HGTV, Dwight Barnett, a certified master inspector with the American Society of Home Inspectors, shared this checklist to help target the areas that need maintenance so you can get your chores done safely while still leaving time to go outside and play in the sunshine.

- Examine roof shingles to see if any were lost or damaged during the winter. If your home has an older roof covering, you may want to start a budget for replacement. The summer sun can really damage roof shingles. Shingles that are cracked, buckled or loose or are missing granules need to be replaced. Flashing around plumbing vents, skylights and chimneys need to be checked and repaired by a qualified roofer.
- Examine the Wood Trim - Check the wood trim around windows, doors, railings and decks. Make repairs now before the spring rains do more damage to the exposed wood.
- Check the Gutters – Look for loose or leaky gutters. Make sure downspouts are free of debris and drain away from the foundation.
- Use Compacted Soil - Low areas in the yard or next to the foundation should be filled with compacted soil. During spring rains, when water pools in low areas, it creates a breeding ground for insects.
- Examine the Chimney – Inspect the exterior and have the flue maintained by a professional.
- Inspect the Concrete - Inspect concrete slabs for signs of cracks or movement. All exterior slabs except pool decks should drain away from the home’s foundation. Fill cracks with a concrete crack filler or silicone caulk. When weather permits, power-wash and then seal the concrete.
- Check Outside Faucets - Turn the water on at the spigot and place your thumb or finger over the opening. If you can stop the flow of water, it is likely the pipe inside the home is damaged and will need to be replaced. While you're at it, check the garden hose for dry rot.
- Service the AC Unit - Have a qualified heating and cooling company clean and service the outside unit of the air conditioning system.
- Check Power Equipment - Check your gas and battery-powered lawn equipment and sharp cutting blades will make yardwork easier.
- Move Firewood - Firewood should be stored off the ground and away from the house. Remove debris from your property and take advantage of Brunswick County’s free dump week April 11-16.

Enjoy the longer days and keep your home safely maintained!
Office Safety …… excerpt from Safety Toolbox Topics

Compared to an industrial work environment, an office can seem like a safe place to work. However, many serious accidents and injuries occur on a regular basis in offices everywhere. Slips, trips and falls are one of the most common causes of workplace injuries. Office workers are injured by falls, fires and electric shock. They receive cuts and bruises from office tools and furniture. They also can develop muscular skeletal injuries from repetitive work. Take a look at these safe practices and apply them to your office workplace.

- Tripping hazards such as cords, cables, handbags and other obstructions should not be placed in or across traffic areas.
- Keep drawers of desks and cabinets closed.
- Clean up any spills right away. Floors which are wet from cleaning should also be blocked off and marked by warning signs.
- Load file cabinets from the bottom up so they don’t become too heavy and topple over.
- Use safe lifting techniques. Use the strength in your legs, not your back, when lifting items. Bend your knees, not your back.
- Store sharp implements such as scissors, plastic knives, and letter openers separately from other items to prevent cuts and puncture wounds.
- Don't overload electrical circuits. Breakers which trip frequently are a sign of overloaded circuits. Operation Services will make sure the area is wired adequately for all of the electronic equipment such as computers, copiers and printers. If you bring in your own radios, fans, coffee pots, mug warmers or any other electronics meant for home use, limit the usage and do not overload circuits.
- Don't use a desk as a step stool when you are reaching for something overhead. Take the time to get a stepladder or stepstool.
- Repetitive strain injuries are increasingly common in offices. When doing work such as computer keyboarding, keep your hands and wrists straight and relaxed. Frequently switch to other tasks to give your hands a rest.
- The 20/20/20 rule, if followed, helps reduce fatigue and eye strain. It is pretty simple and states: Every 20 minutes, take at least 20 seconds and look away from your work/screen and focus on something else to give your eyes a rest.

Office Hazard Recognition Challenge — after reading this article take a few minutes to identify hazards in your work place. Without touching anything, identify as many hazards as you can. Take 5 minutes to correct any hazards and make your work place safer today.

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BRUNSWICK COUNTY SAFETY TRAINING CALENDAR

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<thead>
<tr>
<th>Month</th>
<th>Level I</th>
<th>Level II</th>
<th>Contact Person</th>
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<tr>
<td>April</td>
<td>Driver Training</td>
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<td>Playground Safety</td>
<td>Forklift Training</td>
<td>Aaron Perkins</td>
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<td>Brit Huggins</td>
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<td>Personal Protective Equipment</td>
<td>Eileen Gardner</td>
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Email eileen.gardner@brunswickcountync.gov to schedule your department’s training!