

SPRING FORWARD WITH SAFETY

Spring Safety Checklist

Time To Change The Clocks

Usually, Daylight Savings Time begins every year on the second Sunday in March. Hopefully, your body has adjusted to the time change. You've lost an hour so, its important to maintain a consistent sleep schedule.

Smoke Alarms

Test your smoke alarms and change the batteries as necessary. Regularly check your smoke alarms monthly. If, you need help contact your local fire department.

Carbon Monoxide Detectors

Make sure that you have carbon monoxide detectors. Carbon Monoxide is a silent killer.

Family Emergency Plan

The National Safety Council recommends that every family have an emergency plan in the case of a natural disaster or catastrophic event. Visit FEMA website for a complete list of emergency items for your home and car.

You should have:

- . A communication plan to outline how family members will contact each other, when and where to meet.
- . A shelter in place plan.
- . A getaway plan that includes routes and destination.

Make sure that:

- . Your first aid kits for home and car are updated.
- . Keep a full tank of gas.

Spring Cleaning

- . Carefully read the labels of all cleaning supplies.
- . Be aware of the heat when working outside. Stay hydrated.
- . Wear gloves when doing yard work.

Also read:

[Seasonal Safety](#)

[Summer Safety Tips](#)

[Enjoy a Safe and Healthy Fall Season](#)

Reference: National Safety Council