

## **Back to the Basics**

### **What Can You Do To Make Your Life Safer and Healthier?**

This quarter, I thought it would be meaningful to remind our employees of a few things that might be useful in protecting yourself, your family, and your property from loss and injury.

#### **Safety In The Home**

- Have a family fire drill yearly – the kids will enjoy it. Show them how to get out if the door is blocked by fire. Remember – Stop, Drop, and Roll
- Change the batteries in smoke detectors whenever daylight savings time changes
- If you have a natural gas furnace/heater, install at least one Carbon Monoxide detector in your home
- There should be one 5 pound type ABC fire extinguisher in the kitchen and at least one other somewhere else in the house. Check the gage on the extinguisher to make sure it is good. Learn how to use the extinguisher – easy instructions are available at [safety.louisiana.edu](http://safety.louisiana.edu) (click on “meetings”, then “December 2000”)
- At least once yearly, go through all prescription and over the counter medications and throw away any expired items.
- Clean your cloths dryer lint filter every time you use it. Regularly look beyond the filter and if necessary, use a vacuum to remove excess lint.
- Replace your A/C filter at least once every 3 months and use a good pleated filter
- Have you furnace inspected regularly by a reputable technician.
- Sweep your chimney at least once every 3 years.
- Never leave cooking food unattended. Do NOT put out a grease fire with water.

#### **Safety On The Go**

- Resist the temptation to talk on the cell phone while driving
- Take the time to learn how to correctly use a car seat with children.
- Keep a first aid kit in your vehicle. Pack a flashlight in your suitcase when you travel (in case of fire).
- When visiting a building, familiarize yourself with the emergency stairs and exits.

#### **Safety/Health For Yourself**

- Choose to drink water with your meals instead of soft drinks every now and then
- Eat more servings of fresh fruits and vegetables
- Try to get plenty of rest
- Take the flu shot. If you get sick, take care of yourself.
- Learn about protecting yourself against bloodborne pathogens ([safety.louisiana.edu](http://safety.louisiana.edu))
- Learn about slowing the spread of the H1N1 virus and other germs ([safety.louisiana.edu](http://safety.louisiana.edu))
- Walk more - Take the stairs in lieu of the elevator, park on the far side of the lot, walk to your meeting instead of driving across campus.
- Try to get at least 20 minutes of cardiovascular exercise at least 3 times a week.

#### **Protecting Your Property**

- Review insurance policies to ensure you actually have the coverage you think you have.
- Video tape the contents of your home including your valuables
- If you have a monitored security alarm, test your system yearly to ensure it works. Notify your monitoring company in advance of your test.
- Make sure you premises are well lit at night.
- Lock your vehicle at all times. Do not store valuables in your car in plain view.