SAFETY

A fun way to check the safety of different items in your household!

As the weather becomes warmer, one thing that comes to mind is spring cleaning! However, there is more to spring cleaning than just cleaning up around your house. The start of spring is the perfect time to make sure your home is safe and prepared for another year!

A Few Reminders to Help You Make Your House as Safe as Possible!

- Replace your filters
  - Indoor air can be up to 5x more polluted than outdoor air, especially during the winter when we trap our indoor air inside with us
- Test the Batteries in Your Smoke Detectors
  - To verify your smoke detectors are in good working condition, test each one individually
- Check Your Carbon Monoxide Detectors
  - You should have a carbon monoxide detector outside every room and on every level of your home, and check the batteries in each one EVERY month
- Review or Create Your Family Emergency Plan
  - Your Plan should include at least 2 rendezvous points, and emergency contact person, and an evacuation route
- Clean Out the Medicine Cabinet
  - Properly dispose of all expired and unused medications in your home
- Update your First Aid Kit
  - Check your first aid kit and replace any missing or expired items
- Check Your Fire Extinguishers
  - Even though they have a long shelf life, they do expire. Check the expiration date on your fire extinguisher and keep them updated
- Clean Out Chimneys and Gutters
  - Cleaning your chimney and gutters can help reduce the risk of fire as well as carbon monoxide buildup. Gutters can be a flooding hazard as well

Questions?

Please contact wellness@uc.edu
uc.edu/hr/bewelluc
**Safety BINGO Challenge**

**Earn 10 Be Well UC Points!**

**How it works:**
- Complete any or all of the different activities located in the squares!
- After completing an activity make sure to cross it out, check it off, etc. on the board
- Once you've gotten 5 in a row, column, or diagonally turn in this sheet to wellness@uc.edu or ML0039 to earn 10 Be Well UC points!

<table>
<thead>
<tr>
<th>Clean Air Vents</th>
<th>Replace Furnace Filters</th>
<th>Change Smoke/Carbon Monoxide Detector Batteries</th>
<th>Check Fire Extinguisher Level</th>
<th>Check First Aid Kit Levels/ Medicine Expiration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Create a Family Emergency Plan</td>
<td>Replace Burned Out Light Bulbs</td>
<td>Check for Structure Damage Inside/Outside the House</td>
<td>Clean Gutters</td>
<td>Check All Outlets in House</td>
</tr>
<tr>
<td>Baby Proof the House</td>
<td>Open Your Windows</td>
<td><strong>Free Space!</strong></td>
<td>Insect/Critter Inspection and Removal</td>
<td>Have Gas/Electrical Appliances Cleaned/Inspected</td>
</tr>
<tr>
<td>Clean Gas Heater</td>
<td>Create List of Emergency Phone #’s</td>
<td>Clean the Kitchen Stove Hood</td>
<td>Put Potentially Hazardous Items in a Securely Locked Area</td>
<td>Sweep Out the Chimney</td>
</tr>
<tr>
<td>Check that Locks are Working Properly and Easy to Use</td>
<td>Put a Non-Slip Rubber Mat in the Shower</td>
<td>Stock Candles New Batteries for Flashlights and for Power Outage</td>
<td>Wash Hands Before and After Preparing Food</td>
<td>Routinely Clean the Lint Filter in the Clothes Dryer</td>
</tr>
</tbody>
</table>

**Resources:**
- [https://www.cdc.gov/homeandrecreationalsafety/index.html](https://www.cdc.gov/homeandrecreationalsafety/index.html)