NCARNG Weekly Safety Newsletter

February 13, 2015

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For more information
Visit us at NCGKO
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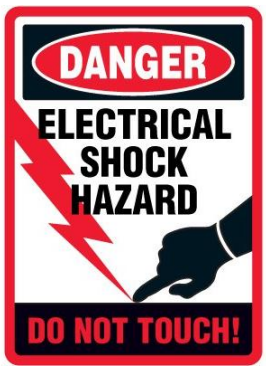
For more Safety information visit
US ARMY SAFETY CENTER

ELECTRICAL SAFETY

The voltage of the electricity and the available electrical current in regular businesses and homes has enough power to cause death by electrocution. Even changing a light bulb without unplugging the lamp can be hazardous because coming in contact with the "hot", "energized" or "live" part of the socket could kill a person. Electrical injuries consist of four main types: electrocution (fatal), electric shock, burns, and falls caused as a result of contact with electrical energy.
U.S. fire departments responded to an estimated annual average of 47,820 reported home structure fires involving electrical failure or malfunction in 2007-2011. These fires resulted in 455 civilian deaths, 1,518 civilian injuries and $1.5 billion in direct property damage. Below are some electrical safety tips for around the house from the National Fire Protection Association.

INDOOR ELECTRIAL SAFETY

- Replace or repair damaged or loose electrical cords.
- Avoid running extension cords across doorways or under carpets.
- In homes with small children, make sure your home has tamper-resistant (TR) receptacles.
- Consider having additional circuits or outlets added by a qualified electrician so you do not have to use extension cords.
- Follow the manufacturer's instructions for plugging an appliance into a receptacle outlet.
- Avoid overloading outlets. Plug only one high-wattage appliance into each receptacle outlet at a time.
- If outlets or switches feel warm, frequent problems with blowing fuses or tripping circuits, or flickering or dimming lights, call a qualified electrician.
- Place lamps on level surfaces, away from things that can burn and use bulbs that match the lamp's recommended wattage.
- Make sure your home has ground fault circuit interrupters (GFCIs) in the kitchen bathroom(s), laundry, basement, and outdoor areas.
- Arc-fault circuit interrupters (AFCIs) should be installed in your home to protect electrical outlets.



OUTDOOR ELECTRICAL SAFETY

- Have a qualified electrician do all electrical work.
- To prevent an electrical shock, make sure all your outside electrical receptacles are GFCI (ground fault circuit interrupter) protected.
- Ensure lighting and power tools are made for outdoor use.
- Store your electrical tools indoors.
- Keep electric tools away from children.
- Keep the area around your electric meter and other electrical equipment clear.
- Use extension cords that are marked for outdoor use.
- Extension cords are not meant for long-term use.

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Tips to Beat COLD SEASON

It's cold season. While colds are rarely deadly, dealing with the symptoms can set you back in fitness, work, and health. Take these simple precautions to help avoid getting sick.

THREE WORDS OF WISDOM

Activity. Nutrition. Sleep. Repeat!

These three tips are not only critical to performance, they are also important to help prevent catching a cold.

Physical activity raises your body's temperature, increases red blood cell production, and strengthens your immune system. Aim for at least 30 minutes of daily exercise.

Eat plenty of fruits and veggies. Poor nutrition hurts your immune system, which lowers your body's natural defenses against viruses and infections. Frozen veggies like spinach, broccoli, and asparagus are easy (and cheap!) to buy. Plus, they contain vitamins that help you ward off colds.

Make the time to get eight hours of sleep to greatly reduce the chances of getting sick.

KEEP IT CLEAN

Always wash your hands with soap, if it's available. You don't know who grabbed the door handle before you. Make sure to scrub under those fingernails.

Avoid touching your eyes, mouth, and face, too. That's how germs get into your body and start causing trouble.

LAYER UP

Respond to the dips and rises in temperature by adjusting to your environment. When it gets cold outside, keep warm by layering. Wear an undershirt to keep your body heat in and definitely wear a jacket. Put on earmuffs (or a beanie, if that's your style) and keep a pair of gloves on you. When it warms up, you can peel off layers to keep from overheating.

DOC, IT STILL GOT ME!

If you do get sick, start chugging clear fluids (think: water, tea, juice). Drink herbal tea to help soothe your throat. If you've got a cough, try a spoonful of honey. Vitamin C in fruits and juices can boost your immune system and prevent your cold from taking a turn for the worse. If your symptoms don't start to improve within a few days, talk to a qualified medical professional.

**Article from: www.guardyourhealth.com