

THE PORCELAIN PRESS

October 2012 - Weeks 1 & 2

Special Points of Interest

Flu shots are available for active, regular full-time employees.

October 2nd and 4th- WHGF East side, 9a.m.-1p.m.

October 11th - ICB Lunch-room, 9a.m.- 12:30p.m.

Bring consent form and your FNAL ID. Wear loose fitting clothing for easy access to the upper arm. Sign up and get more information on the ES&H homepage.

Accelerate to a Healthy Lifestyle

August through October 2012. Information and sign-up on the ES&H homepage. Prizes will be awarded monthly to participants.

ES&H Concern or Suggestion?

Talk to your supervisor, SSO or go to the ES&H homepage and click on 'Concerns & Suggestions'.

National Fire Prevention Week, October 7-13

During National Fire Prevention Week, October 7 - 13, 2012 attention is focused on promoting fire safety and prevention, however we should practice fire safety all year long.

Cooking is the biggest single cause, accounting for almost a quarter of all residential fires. Heating-related fires came in second and, if we exclude the fires that were set deliberately, then electricity comes in third. House fires happen most frequently in the dead of winter, December and January, which goes along with cooking and heating being the most common causes.

Many bedroom fires are caused by misuse or poor maintenance of electrical devices, careless use of candles, smoking in bed, and children playing with matches and lighters. Most potential hazards can be addressed with a little common sense. For example, be sure to keep flammable items like bedding, clothes and curtains at least three feet away from portable heaters or lit candles, and never smoke in bed. Also, items like appliances or electric blankets should not be operated if they have frayed power cords and power cords should never be run under rugs.

Here are some tips to make your home safer:

- Draw up an escape plan in case of fire. Make sure there are two exits from every room. If you have a multi-story home, put fire ladders in each room above ground level.
- Install smoke alarms in hallways and in each bedroom. Many states require smoke alarms before you can sell a home, so it is quite likely you already have them. Push the test button and make sure your smoke alarms still work.
- Change the batteries at least once a year. A good rule of thumb is to change the batteries when you change your clocks back to standard time from daylight savings.
- Keep clutter away from clothes dryers, heaters, water heaters, furnaces, radiators, boilers, stoves and ovens. Clean lint regularly from around clothes dryers, don't forget the inside of the vent hose.
- Have a licensed person inspect chimneys, fireplaces, wood and coal stoves and central furnaces once a year. Have them cleaned when necessary.



Escape Plan

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

- **MAKE** a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- **KNOW** at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- **HAVE** an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- **PRACTICE** your home fire drill at night and during the day with everyone in your home, twice a year. Practice using different ways out.

