Spring Forward with Safety.

**PREPARE YOUR HOME FOR SPRING**

Spring is a perfect time to clean out your home. Follow these steps to keep you and your family safe.

- **Moving**
  If you are moving furniture, keep your back straight and lift with your legs.

- **Slips**
  Use caution while walking on wet surfaces and clean up spills.

- **Mask**
  Be sure to wear a mask while cleaning dusty areas of your home.

- **Cleaning**
  Follow cleaning product safety instructions and labels.

- **Air**
  Ventilate work area when using strong cleaning products.

- **Bad mix**
  Don't ever mix ammonia and bleach, nor any other strong cleaners together.

- **Kids and pets**
  Keep kids away from the work area and from contact with cleaning products.

- **Clocks**
  When you change your clocks, check the batteries in your smoke alarms and carbon monoxide detectors. Batteries in smoke detectors should be replaced yearly.

**Window safety tips:**

- Keep an eye on children and keep their play safely away from windows.
- Keep windows closed and locked when children are present.
- When opening windows for ventilation, make sure children can't reach them.
- Don't rely on insect screens to prevent a fall; they are not designed to withstand the weight of a person.
- Keep furniture away from windows as they could tempt a curious child to climb and potentially fall.
- If there are young children in the home, install ASTM-approved fall prevention devices.
- Test windows to make sure they open easily and are not sealed shut by paint, dirt or weathering.
- Keep escape routes free from clutter to speed your escape and to help prevent potential falls.
- Examine window hardware and make sure windows lock to help seal out air and moisture and help keep intruders out.

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