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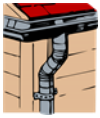
ISSUE 3

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Shelby Safety Net

PREPAREDNESS TIPS AND PRACTICES TO KEEP YOU,
YOUR FAMILY, YOUR BUSINESS AND COMMUNITY SAFE

Fall into Safety

While enjoying all the things that autumn brings, make it a priority to Prepare Now and Learn How by acting on the safety tips found in this newsletter. Learning life safety skills such as First Aid, CPR, and AED training can give you the information and critical skills needed to help in an emergency until emergency personnel arrive. Two options for training opportunities and certification programs for Shelby County residents are through the American Red Cross and Wilson Health. Contact these organizations for available classes, schedules, and fees. Get certified or re-certified in these lifesaving skills that can empower you to help in times of crisis. When preparing your home and business for the colder months ahead, clean your gutters and remain safe by heeding to ladder safety tips. Be aware of restrictions on open burning where you live.

Learn Life Saving Skills

First Aid – Learning First Aid skills will help you care for people in crisis before medical professionals arrive. It can give you an understanding of first aid best practices for a wide range of conditions and may give those in crisis the best opportunity for a positive outcome.

CPR - When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby. CPR can double or triple a cardiac arrest victim's chance of survival. If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.

AED - Unlike a heart attack, cardiac arrest often strikes suddenly and without warning. It can happen to anyone at any time. Signs include a sudden loss of responsiveness and lack of normal breathing. An AED is an automated external defibrillator that sends an electric shock to a victim to restore a heartbeat. It analyzes a heart rhythm and prompts the user to deliver a shock when necessary. All that is required of the user is to turn the AED on and follow the audio instructions when prompted. Placing AEDs in key locations, and making sure employees are trained to use them, can mean the difference between life and death.

Source: <https://www.redcross.org>

<https://cpr.heart.org>



*Hands-Only
CPR*

*Push hard
and fast in
the center of
the chest to
the beat of a
familiar song
that has 100
to 120 beats
per minute.*

National Preparedness Month - September 2018

Disasters Happen Prepare Now Learn How

Ups and Downs of Ladder Safety



Choose the Right Ladder

Whether cleaning the gutters, holiday decorating or changing a lightbulb, using the wrong ladder can be dangerous. Think about the task at hand, choose the right size and style, and be sure to follow the directions on the ladder before you climb. Some things to consider are how high do you need to reach? How much weight will the ladder need to hold? Is it an indoor or outdoor job?

Start with a Firm Foundation

No matter what kind of ladder you're using, place the base on a firm, solid surface and avoid slippery, wet or soft surfaces. Use a board under the feet on soft surfaces.

Climb with Care

When people use ladders frequently at work or at home, they can run the risk of becoming complacent. Make sure every time you step on a ladder you are mindful of the task at hand. Keep three points of contact with the ladder. Two hands, one foot or two feet, one hand.

Consider the Conditions

In inclement weather, don't use an extension ladder. Climb down and wait for the weather to pass. Clean the ladder after each use to prevent dirt buildup, especially if it's left outside in wet or muddy conditions. For more safety tips visit <https://www.nsc.org/home-safety/tools-resources/safety-checkup/ladders>

Find the Shelby Safety Net on-line at <http://co.shelby.oh.us/>

Burning Leaves

Ohio DNR Forestry prohibits outdoor open burning and prescribed fires in the months of March, April, May, October, and November between 6am and 6pm. This ban includes burning of yard waste, trash, and debris, even in a proper burn barrel.

Even outside the time and date restrictions, any person conducting a burn must obtain landowner permission, remain with the fire while it is burning, and take all reasonable precautions to prevent the fire from escaping. Any burning should be in regulation with your city/village/township ordinances.

Source: <http://forestry.ohiodnr.gov/burninglaws>

Keep Gutters Flowing



Clean gutters protect your home and business. Whether you do it yourself or hire a contractor, gutters should be cleaned twice a year, in the spring and fall. If there's lots of trees in the neighborhood, cleaning more often will be needed. Think safety first and use a ladder rather than climbing on the roof to clean gutters. Follow ladder safety practices and don't lean or overreach; reposition the ladder instead. Stay between the rails. For extension ladders, consider using standoff stabilizers that keep the ladder from leaning on the gutters. Use a good pair of work gloves to clean the leaves and sediment out of the gutters, starting at the downspout. Then use a hose to flush out finer debris starting at the end opposite the downspout. Clear out any obstructions in the drainpipes. Consider gutter cover options and products to help keep your gutters free of debris and protect your home or business.

Public Information: For more information about the Shelby County Safety Committee, please contact the Shelby County Commissioners Office, 129 E Court St, Sidney OH 45365, 937-498-7226.

The purpose of the Shelby County Safety Committee is to outline safety guideline requirements which will provide the basis for compliance with the Occupational Safety and Health Act (PERRP/OSHA) Part 1910 – Occupational Safety and Health Standards for the Code of Federal Regulations Title 29. To provide a mechanism to conduct self-audit evaluations to ensure the safety and health of site employees, and to provide a safe and healthful work environment.



Fall back.
Daylight savings ends
Sunday, November 4.
Check the operation of all
your smoke and CO
detectors and change the
batteries when you
change your clocks.



Smoke detectors save
lives. Request a smoke or
CO detector from:

American Red Cross
937-332-1414



You can now
register
with the Shelby
County mass
notification system
by phone. Just call
937-265-8400-to
receive tornado and
other severe weather
warnings. Messages
will come via phone,
text, or both.