



### Ultimate 8 Fall Home Maintenance Tips

- 1 Check smoke detectors, fire extinguishers & first aid kits
- 2 Clean your chimney & fireplace
- 3 Check windows
- 4 Wrap indoor pipes
- 5 Inspect your Roof
- 6 Inspect your heating system
- 7 Stock up on Supplies
- 8 Finish seasonal yard maintenance

### AUTUMN RAKING: SAFETY TIPS

As the weather cools down, you might have some extra chores around the yard. Be sure to consider these tips before you start raking.

#### WARM UP

Warming up with a few gentle stretching exercises and a short walk around the block could save you pain tomorrow. This will also help you enjoy the beautiful autumn scenery!

#### USE PROPER TOOLS

Before you buy gardening equipment, test it out in the store. Find tools that are the appropriate height and weight. This will prevent you from hunching over and injuring your lower back.

#### MAKE IT A WORK OUT

Don't make your back do all of the work! Instead, bend your knees and lift with your legs. Stand as straight as you can with your knees bent and your feet hip-width apart. Avoid twisting to prevent back injury.

#### SWITCH IT UP

People tend to favor one hand or side of their body when they're raking. To avoid using the same muscles, try switching sides every few minutes to avoid muscle fatigue.

#### PACE YOURSELF

Ease into autumn! Clean up and take regular breaks every 15-20 minutes. Frequent breaks give you time to relax, rehydrate and enjoy the autumn weather.

### MORE RAKING TIPS & FACTS!

People who exercise year round are less likely to injure themselves while doing outdoor chores.

Blisters are common from leaf raking, so wear gloves to avoid this uncomfortable injury!

28,000 people are medically treated each year for back, neck and shoulder injuries directly related to disposing of leaves.<sup>1</sup>

According to My Fitness Pal, you can burn as many as 272 calories while raking autumn leaves for one hour.<sup>2</sup>

You might not notice how hard your body is working as you rake. Make sure you have a full water bottle on hand and hydrate every 15 minutes.

1 "On my raking back, dangers of leaf raking." Jackie Johnson. Wisconsin Radio Network. 11 October 2013. Web. 9 September 2014.  
2 "Raked Leaf Raking Injuries." Great Hartford Chiropractic. n.d. Web. 9 September 2014.  
3 "Calories Burned from Raking Leaves." My Fitness Pal. n.d. Web. 9 September 2014.



### TIPS FOR SAFE FALL DRIVING

Every year thousands of people are injured and hundreds of people are killed due to daylight savings time changes and the change of seasons.

Autumn means we need to be more careful as drivers.

- 1 WEATHER**  
Sudden changes in temperature, rain, snow and fog all make for hazardous driving. Be aware of the weather - know before you go.
- 2 SUNRISE & SUNSET**  
Daylight Savings Time means the sun in the morning drive might be right in your eyes. The sun goes down early now, so it gets dark a lot sooner! HEADLIGHTS!
- 3 CHILDREN & ANIMALS**  
Children are back to school and animals are busy preparing for winter. Look out for them. Slow down, keep an eye out, and be nice.
- 4 LEAVES**  
Leaves on the ground can be slippery and dangerous. Careful when driving on leaf-covered roads, whether it's raining or not. Clear leaves off your car before driving, just like snow.

Stay safe  
YOU ARE GOOD TO GO!



### HALLOWEEN SAFETY

Halloween is one of the most anticipated nights of the year for kids, but "Safe Kids' research" shows some scary statistics on Halloween safety.

Only **1/3** PARENTS talk to their kids annually about Halloween, although 52% report having Halloween safety hours.

On average, **TWICE AS MANY CHILD** BIKINIERS are killed while walking on Halloween compared to other days of the year.

Only **18%** of parents use reflective tape on their children's Halloween costumes.

12% of children five years of age or younger are permitted to trick-or-treat alone.

Talk to your goblins about Halloween safety, and how simple precautions can make it a fun and bright night for kids of all ages. For additional safety tips, please visit [SafeKids.org/halloween](http://SafeKids.org/halloween)

**ALWAYS WALK ON SIDEWALKS OR PATHS** if there are no sidewalks, walk toward the center of the road facing traffic as far to the side as possible.

**USE TRAFFIC SIGNALS** and be especially alert in residential neighborhoods. Children are excited and may not see cars that are turning or backing up.

**DRIVERS SHOULD SLOW DOWN** and be especially alert in residential neighborhoods. Children are excited and may not see cars that are turning or backing up.

### 22 TIPS FOR KEEPING KIDS SAFE THIS HALLOWEEN.

**1. TRICK OR TREAT IN GROUPS**  
Trick-or-treat in groups and with a trusted adult.

**2. PLAN AND REVIEW THE ROUTE**  
Plan and review the route for trick-or-treating alone.

**3. AGREE ON A CURFEW**  
Curfew times and/or weather-related.

**4. PUMPkins FOR WALKING**  
Use reflective and glow sticks.

**5. WALK, DON'T RUN**  
Walk only on sidewalks.

**6. DON'T WALK ON THE PAVEMENT OF THE ROAD**  
Pavement is often slippery and dangerous.

**7. BE ALERT**  
Look for cars, especially when crossing streets.

**8. NEVER CROSS BETWEEN HOUSES**  
Visit only well-lit houses.

**9. NEVER enter someone else's home or car**  
Don't enter anyone's home or car.

**10. EXAMINE ALL TREATS BEFORE EATING**  
Check for choking hazards, allergens, or unrecognizable items.

Source: www.safekids.org