

Guest Blogger: “Mr. Blogger” Ed Mund, Stillwaters Resident

Mr. Blogger has worked in the emergency preparedness and response fields for many, many years. This week he offers a checklist of his favorite ways to make sure you’re ready for whatever Mother Nature or Murphy’s Law might throw at us this winter.

☒ Safety and Health Tips for the Changing Season

The days have been getting noticeably shorter, haven’t they? They will get even shorter on Sunday, November 2 when we “fall back” our clocks to standard time.

For years we’ve been taught to replace our smoke detector batteries twice a year when we change our clocks. That is one chore most don’t need to worry about here at Stillwaters,. The smoke and fire alarm detectors installed in your home when it was built run off electricity and have a back-up battery that is changed by Stillwaters.

So, what else is there to do?

- Have installed your own battery-powered smoke or carbon monoxide detectors? If so, then be sure to test them monthly and change the batteries twice a year. Can’t reach the test button on the ceiling-mounted units? There’s no need to climb a step ladder or (worse!) stand on a chair. Use a broom handle or cut a stick the right length to push the button while standing on the floor.
- Replace any smoke or carbon monoxide detectors you have installed that

are older than 5 years old. Just like medicines, the component in them that makes them work loses its effectiveness after 5 years.

- Speaking of medicines, do you still have cough syrup or antihistamines around from your last cold? Check expiration dates on any over-the-counter medications and toss anything that is out of date. Some past-date medicines simply don't work. Others can cause harm. Either way, they won't do what you want them to if you take them.
- Put blankets in the car. Just like life jackets on boats, put in one blanket for the number of people you normally have in the car. They will help you stay warm until help arrives if you have car problems.
- Rainy weather causes slippery porches and floors. Make sure you have non-skid rugs to dry your shoes on to prevent falls.
- Do you have working flashlights in your home? You never know where you're going to be when the power goes out. Keep a flashlight within reach whether you're in the kitchen, your favorite living room chair, the bathroom, or in bed. Put in fresh batteries, or use the always plugged in rechargeable type of lights.
- Do you have automatic night lights in your home? During dark winter months, the little bit of light from night lights in hallways and rooms can improve visibility enough to prevent tripping, especially over household pets.

Your regular blogger, Cindy Mund, will return on October 30th. Thank you Ed Mund for guest blogging this week. Readers: Enjoy your week ahead!

