MAFES Dawg Tracks

April 2, 2018



Spring Cleaning

After many dreary days of rain and slop, it's nice to see some blue sky with hints of warmer weather on the horizon. Along with the changing weather comes a renewed desire to get outside, and maybe even do a little spring cleaning inside too.

Use this checklist as a guide to keep safety in mind while spring cleaning your home.

- ✓ Replace Your Filters
 Indoor air can be up to five times more polluted
 than outdoor air especially during the winter
 when we trap our indoor air inside with us. To help
 improve your indoor air quality, air out your house
 while spring cleaning, and clean or replace the filters
 on your air conditioning unit and furnace, as well as
 your dryer, vacuum, range hood, and refrigerator.
- ✓ Test the Batteries in Your Smoke Detectors
 To verify your smoke detectors are in good working
 condition, test each one individually. Ask a family
 member to stand as far away as possible from the
 detector you are testing then press and hold the
 test button on the detector. If it doesn't let out an
 alarm loud enough for your assistant to hear,
 change the batteries (at least once a year) and test it
 again. If it still doesn't work, replace the detector as
 soon as possible.
- ✓ Check Your Carbon Monoxide Detectors
 You should have a carbon monoxide detector
 outside every room and on every level of your
 home, and check the batteries in each one every
 month. The gas sensors in CO detectors have a
 limited lifespan and the test button tests only the
 battery, not the sensor so replace or recalibrate
 your detectors at least every five years, even if the
 detector still beeps when you push the test button.

- ✓ Clean Out the Medicine Cabinet Properly dispose of all expired and unused medications in your home.
- ✓ Update Your First Aid Kit

 Check your first aid kit and emergency kit and replace any missing or expired items. Make sure you have all the essentials, including bandages, water, and emergency phone numbers
- ✓ Check Your Fire Extinguishers

 Every home should have at least one fire
 extinguisher in an easy-to-access location. Make
 sure you check the expiration date on your fire
 extinguishers and be sure the pressure needle is in
 the green area.
- Clear any debris off your roof and check your gutters for proper drainage to avoid flooding.
- ✓ Trim back dead trees and shrubs before they can fall and cause injuries and carefully trim back any branches that have grown too close to electrical wiring. Clear overgrown plants from walkways and reposition any dislodged stepping stones or other garden decorations to avoid tripping hazards.
- ✓ Clean out the chimney to help reduce the risk of fire as well as carbon monoxide buildup.
- Clean the globes on your outdoor light fixtures, you will first want to remove any debris and cobwebs and use a soft cloth to clean off metal of plastic components. Check your bulbs and wiring to them.