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& Home Improvement Guide

POLK COUNTY, WI

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HOME IMPROVEMENTS

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ICE SAFETY GUIDELINES:



Did you know?

- Ice always forms unevenly. It can be 2 feet thick in one spot, and just a few inches thick a couple feet away.
 - The most dangerous ice is formed over flowing water. It's especially dangerous near streams, culverts and bridges. Also, the faster the water is running, usually means the weaker the ice will be.
 - Snow insulates the ice and slows the freezing process. The added weight of the snow reduces the strength of the ice. Also, ice that is closer to shore is usually weaker than ice farther out.
 - Cracking and rumbling ice isn't always bad. The ice expands and contracts as the temperature rises and falls.
 - Fish and birds/wildlife can also effect the ice. Schools of fish can bring warm water from the bottom of lakes, and open holes in seemingly thick ice.
- ALWAYS BE CAUTIOUS WHEN YOU ARE ON ICE!**



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Polk County



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Spring Preparations

1. Test your smoke detectors and carbon monoxide alarms.
 2. Drain approximately 2 gallons from your water heater to eliminate sediment.
 3. Clean your clothes dryer vent duct.
 4. Vacuum your bathroom vent covers.
 5. Replace or clean your furnace filter.
 6. Clean out your basement window wells.
 7. Clean your refrigerator's condenser coils to keep it operating efficiently.
 8. Clean around your air conditioning compressor and make sure that it gets sufficient air flow.
- 
- A close-up photograph of a hand with the index finger pointing towards a white, circular vent cover. The vent cover has a small red mark on its surface. The background is a plain, light-colored wall.

Gutters

Cleaning

Using a ladder and handheld gardening trowel, scoop out decomposing leaves and other debris. (This can be repurposed as mulch or compost). Use a hose to blast out remaining debris from gutters and downspouts. If you experience a clog in the downspout a plumbing snake can be used to clear the obstruction. This will prevent the weight of water and debris that make the gutters saggy and they will last longer.

Gutter Spikes

Look at all the spikes and make sure they are going all the way through fascia board into the rafters. Sometimes these spikes get worked out of the wood, and cause separation from the house. Replacement spikes can be purchased to prevent gutters from becoming damaged.

Cracks and Leaks

Caulking can break down over time, creating cracks or holes that may cause leaks. It is possible to make the repairs yourself. Using a putty knife or chisel, scrape away existing caulking and let it dry completely. Once dry, apply new caulking to seal the cracks or holes to prevent fascia boards from rotting.



The first white explorers to venture to the St. Croix River area came in 1680. They were Daniel Graysolon and Sieur du Lhut, along with their fellow French-Canadian companions. Settlers to the area came as early as 1837, but it wasn't until 1838 that the St. Croix Falls settlement began. Many early settlers were Scandinavian and selected Polk County because it resembled their native homeland. Polk County was established in 1853 and it was formed from what had previously been St. Croix County. As the railroad arrived in 1883, Polk County began to grow and communities formed near rivers and rail stations. Polk County was named after the eleventh U.S. President, James K. Polk. Today Polk County is home to approximately 41,319 residents.

ALDEN – pop. 2,615

AMERY – pop. 2,845

APPLE RIVER – pop. 1,067

BALSAM LAKE (COUNTY SEAT) – pop. 1,384

BEAVER – pop. 753

BLACK BROOK – pop. 1,208

BONE LAKE – pop. 710

CENTURIA – pop. 865

CLAM FALLS – pop. 547

CLAYTON – pop. 912

CLEAR LAKE – pop. 800

DRESSER – pop. 732

EUREKA – pop. 1,338

FARMINGTON – pop. 1,625

FREDERIC – pop. 1,262

GARFIELD – pop. 1,443

GEORGETOWN – pop. 977

JOHNSTOWN – pop. 520

LAKETOWN – pop. 918

LINCOLN – pop. 2,304

LORAIN – pop. 328

LUCK – pop. 881

MCKINLEY – pop. 328

MILLTOWN – pop. 1,146

OSCEOLA – pop. 2,085

ST. CROIX FALLS – pop. 1,119

STERLING – pop. 724

WEST SWEDEN – pop. 731

**Populations are approximate.*

AMERY

Settlers were drawn to the Amery area because of its ample forest and proximity to the nearby river. A sawmill was constructed and a community began to grow around it. A dam was built to supply the sawmill and the community was first known as Big Dam. As the railroad arrived in 1887, more settlers began to arrive and establish businesses including a hotel, general stores, sa-loons, a bank and a brickyard. The community was then renamed Amery to honor William Amery, a prominent local resident. Today Amery is home to approximately 2,845 residents.

BALSAM LAKE (COUNTY SEAT)

Originally home to Chippewa Indians, Balsam Lake was settled in the 1850s. The name Balsam Lake comes from the word Innenehinduc, which translates to Place of Evergreen. The town of Balsam Lake was organized in 1870 and early businesses included a blacksmith shop, general stores, creameries, sawmills, hardware store, bank and a town hall. Today Balsam Lake is the county seat of Polk County and is home to approximately 1384 residents.

LUCK

The first settler to the area was William Foster, who arrived in 1857. In 1869, Danish immigrants organized a township. The railroad arrived in 1901 and the community began to grow. The first cooperative creamery in the United States was built here and early industry included dairy farming and agriculture. Once known as Lawson City, Luck became incorporated as a village in 1905. Today Luck is home to approximately 881 residents.

OSCEOLA

In 1844, settlers from Maine, including William Kent, came to the area and built a sawmill. The area was named Leroy, after the first white man who died there, and Bluffville, after nearby sandstone cliffs. By 1855, William Kent owned the entire claim. In 1858, the name of the two settlements was changed to Osceola, named by James Livingston in honor of the great Seminole Indian Chief of Florida. Once a popular steamboat stop, Osceola began to thrive as the railroad arrived in the late 1880s. Today Osceola is home to approximately 2,085 residents.

ST. CROIX FALLS

Settlers arrived to the St. Croix Falls area in 1838 and early industry included logging. Sawmills were built near the falls and soon grist mills, specialty shops, general stores and flour mills were thriving. A hydropower plant was built in the early 1900s to harness the power of the falls and the community continued to grow. Today St. Croix Falls is home to approximately 1,119 residents.

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Recycle as much as you can. Even simple everyday things, such as plastic bottles and aluminum cans, can make a huge difference.

Switch your incandescent light bulbs to compact fluorescent ones. Save money and energy.

Bring your own reusable shopping bags with you to the supermarket or the mall.

Donate your unwanted clothing to a local charity. Eyeglasses, household items, electronics and even vehicles can be accepted.

Recycle your used ink and toner cartridges. Most office supply stores accept used cartridges.

Recycle your used batteries. This prevents poisonous mercury from seeping into our water supplies and soil. Switch to rechargeable ones.

Switch to unbleached toilet paper, paper towels and coffee filters. Avoiding bleached products can help preserve our water supply and soil.

Unplug any unused appliances. Your cell-phone charger uses electricity, even when your phone isn't charging - especially if you

are not going to be home.

Bring your own lunch. You'll avoid using non-recyclable styrofoam to-go containers and unnecessary throw-away packaging.

Start a compost bin in your yard. There are even ones that you can store under your kitchen sink.

Be crafty. Let old items be an inspiration for a craft project and repurpose old items. Punch holes in tin cans to make candle luminaries or use empty yogurt containers to organize nuts and bolts.

Have a green-cleaning product party. Invite your friends over to make enough vinegar-based homemade cleaners to share.

Run your washer/dryer/dishwasher after 5pm. This is when less electricity is being used, especially in larger cities. In air-conditioned summer months this can help prevent blackouts.

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Spice Up Your Garage



Storage

Once you have established the room needed for vehicle storage, it's time to consider storing other things. A hanging bike rack is a great way to free up space on the floor. Open shelving for tools and building materials can also be very convenient and cost friendly.

Insulation

If you plan on working in the garage during the winter months this will be very important for keeping down heating costs and staying comfortable.

Internet

Since we are living in the future now and internet is everywhere, why not have it in the garage? If your wireless from the house does not reach, you may want to get a range extender. It is very helpful to have access to tutorials or online music playlists when working on projects and spending long periods of time in the garage.

Plumbing

If your garage is heated, then you may have water running to the garage. If so, why not install a utility sink and possibly a bathroom? These additions are very convenient when it comes to not dragging a mess from the garage into the house.

Furnishings

Sometimes the garage is a great place to get away. There are a lot of different ways to make the space a little more comfortable. It is pretty easy to find an old television, an old couch or futon, and a fridge. If you are looking for a way to get out of the house without leaving home, these few things that could have you relaxing in no time.

Wisconsin Fun Facts:

1. The first practical typewriter was designed in Milwaukee in 1867.
2. Green Bay is Wisconsin's Oldest City.
3. Wisconsin snowmobile trails total 15,210 miles of signed and groomed snow highways.
4. Wisconsin is the dairy capital of the United States.
5. The first Ringling Brothers Circus was staged in Baraboo in 1884.
6. In 1882 the first hydroelectric plant in the United States was built at Fox River.
7. The state is nicknamed the Badger State.
8. Wausau is the Ginseng Capital of the World.
9. Two Rivers is the home of the ice cream sundae.
10. Sheboygan is the Bratwurst Capital of the World.



Home Improvements

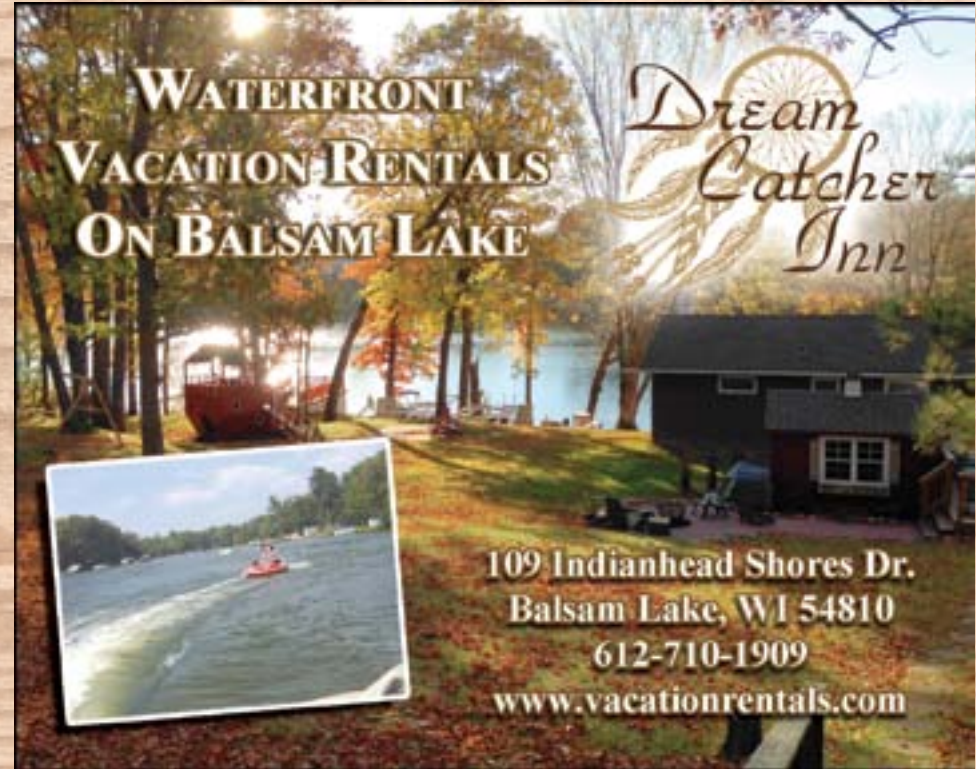
You have a better chance collecting on your investment when spending money toward basic home maintenance such as new siding rather than remodeling a kitchen or bathroom. Siding replacement has been known to recover approximately 93 percent of its cost, according to studies. The only home improvement that may be likely to return more at resale is a minor kitchen remodel, which has been known to return roughly 93 percent. Replacing roofs and windows have also been known to have a high return, returning 80 percent or more at resale.

Kitchens and Baths

Spending the money for a kitchen or bath remodel is a solid investment, often returning more than 100 percent of the cost. Minor kitchen remodels also provided returns of more than 100 percent in certain areas upon resale.

When it comes to decide exactly what to improve in your kitchen or bathroom, think traditional. Wood cabinets, commercial appliances, natural wood or stone floors and stone countertops. Walk in showers have replaced whirlpool tubs as the necessity in bathroom remodeling. Most people would rather have a shower than bath if they can only choose one.

Written By: Jonathan Peterson



The Dream Catcher Inn is perfect for vacation retreats with friends and family. Come enjoy the beauty of Balsam Lake from your own cozy, lakeside unit at the Inn.

Each unit at the Dream Catcher has two bedrooms, a kitchen, living room with a fireplace, and a deck. The units are air conditioned, have cable TV and free WiFi. On the spacious grounds, there are picnic areas with BBQ grills, fire pits and a children's play area with a Pirate Ship playhouse and a swing set. A new feature this year is a huge patio overlooking the lake.

The Dream Catcher Inn has direct access to Balsam Lake, a premier recreation and fishing lake. Take your boat out and enjoy the lake or try out the Dream Catcher's paddle boat.

We've hosted wedding parties, family reunions, golf outings, girls' weekends and more. We are conveniently located near the Thirsty Otter, the Indianhead Supper Club and Paradise Landing, three great options for dining out. We are also walking distance to downtown Balsam Lake and the public beach.

We are a family owned and operated resort. Sisters JoAnn Vincent and Mary Petersen are co-owners and brother, Ben Egerman, is the Inn Keeper and your host. Ben's dog, Elwood, will make you feel right at home. Your well-behaved dog is welcome too with advance permission.

Book your stay in advance. During prime summer months these units are popular and get booked fast. Call JoAnn at 612-710-1909 to book your vacation today. You can see pictures of the Dream Catcher Inn at www.vacationrentals.com.

Swimming Pools

There are two types of pools; above-ground and in-ground. A pool is a very big investment no matter which direction you go with it. Both above-ground and in-ground pools are a pretty big commitment. However, if comfort and convenience is what you are looking for, a swimming pool is money well spent.

Upkeep

Both above-ground and in-ground pools will require all the same general maintenance such as chemical balance and filtering. Now, thinking in long term, an above-ground pool can be torn down for storage or an up-grade or you can even reposition it at your convenience. In-ground pools are more permanent and may require structural maintenance at some point, so keep in mind that an in-ground pool is a big commitment.

Appearance

In-ground pools can be built to have a lasting, very attractive appearance. This can dramatically change the appearance of the yard. There are many directions you can go with lighting and landscaping. Above-ground pools can be a nice addition to the house by building a deck, and can also be tucked away into a corner so you still have a yard.

Customization

If you are looking for a very unique custom made look, the in-ground pool is the way to go. There are two options, you can have a concrete pool custom designed to look any way your imagination can come up with. Or if you are looking for something a little easier you can go with the pre-manufactured fiberglass style. The above-ground pools have fewer options available as far as custom shapes, however, there is still plenty that can be done by building a structure around it, or doing some landscaping. Zoning regulations/ordinances dictate that fencing around swimming pools is required by most communities.



Whirlpool Installation

How do I know what will fit?

Now, before you even go shopping and get your heart set on something, know your limitations. Measure the space you want to fill with the whirlpool. Most come in three sizes ranging from 5-6 ft. in length. You also need to consider that there is going to be extra machinery and tubing going into this project. Also, consider how big you want the deck of the tub to be in case you like candles and that sort of thing close to you while you're in the water. Also, get the measurements of any doors or hallways you will have to pass through.

Will the existing floor support the extra weight?

If you're working with a wood joist floor type of construction, you will need to consider tub weight plus how much it will weigh full of water and people, then possibly add support or bracing as necessary. If you are replacing a standard cast iron tub this will probably not be an issue for you. Any time you're remodeling in the bathroom, especially in an older home, you may uncover rotted or water damaged floors that must be repaired and reinforced before you can safely make any improvements.

What about the plumbing?

First things first. The plumber must be able to access the entire area in order to properly install the plumbing, as well as the motor box for the whirlpool's jets. This motor has to be easily accessible in case it breaks down. Some type of door is recommended as opposed to tile. Get the specs from the store for the model you are interested in before even calling a plumber. Make sure the plumber you hire is licensed and show them the specs and they will be able to tell you what you will need to do to make it work.



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 **Donate your unwanted clothing to a local charity.** Eyeglasses, household items, electronics and even vehicles can be accepted.


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 **Unplug any unused appliances.** Your cellphone charger uses electricity, even when your phone isn't charging - especially if you are not going to be home.

 **Bring your own lunch.** You'll avoid using non-recyclable styrofoam to-go containers and unnecessary throw-away packaging.

 **Start a compost bin in your yard.** There are even ones that you can store under your kitchen sink.

 **Be crafty.** Let old items be an inspiration for a craft project and repurpose old items. Punch holes in tin cans to make candle luminaries or use empty yogurt containers to organize nuts and bolts.

 **Have a green-cleaning product party.** Invite your friends over to make enough vinegar-based homemade cleaners to share.

 **Run your washer/dryer/dishwasher after 5pm.** This is when less electricity is being used, especially in larger cities. In air-conditioned summer months this can help prevent blackouts.

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Energy Savings Tips

Summer Energy Saving Techniques

Conduct an energy assessment to find out where you can save the most. This will allow you to see where the biggest problem areas are.

Windows

- Close curtains during the day to block sunlight and open them at night.
- Plant trees, shrubs, or vines to help shade your home.
- Apply solar window film to windows.

Adjust Your Thermostat

- When you're home and awake, set your thermostat at the highest comfortable temperature.
- When you're out of the house, turn your thermostat up. You can save 1-3 percent per degree, for each degree the thermostat is set above 72 degrees, depending on the outside temperature.
- You can set a programmable thermostat to keep the temperature where you want day and night.

Maintain Your Cooling Systems

- Schedule service for your cooling system.
- Do regular maintenance to keep your cooling system operating efficiently.

Fans and Vents

- Keep inside air vents clear from furniture and other objects.
- Run energy efficient ceiling and whole-house fans to circulate the air.
- Use the bathroom vent to remove the heat and humidity after showering.

Appliances and Electronics

- Try not to use the oven on hot days. Cook on the stove top, microwave, or grill outside.
- Keep your fridge and freezer full. The refrigerator will run less often.
- Air dry dishes in the dish washer.
- Wash laundry with cold water and air dry.
- Unplug electronics when not in use.

Lighting

- Use light emitting diodes "LED's". They use less energy and have a longer life span, plus they produce less heat than incandescent and CFL bulbs.

Winter Energy Saving Techniques

Windows

- Open curtains during the day to allow sunlight in and close them at night.
- Tape a clear plastic sheet or film to the window frames.
- Install insulating drapes or shades on windows.

Adjust Your Thermostat

- When you are home and awake, set your thermostat at the lowest comfortable temperature.
- When you are asleep or out of the house, turn your thermostat down about 12 degrees for eight hours and save around 10% a year on your heating bills.
- You can set programmable thermostats to keep the temperature where you want day and night.

Air Leaks and Insulation

- Seal the air leaks on the inside and outside walls of your home. These can be holes for pipes and wires, gaps around chimneys, or unfinished spaces behind cupboards and closets.
- Add caulk or weatherstripping to seal air leaks around leaky doors and windows.
- Check your attic's insulation. Depending on what climate you live in, there are different insulating products and thickness that work best for your area.

Maintain Your Heating Systems

- Schedule service for your heating system.
- Do regular maintenance to keep your heating system operating efficiently.
- Furnace - Replace your furnace filter once a month or as needed.
- Fireplace - Clean the flue vent regularly and the inside of the appliance with a wire brush periodically to ensure that your home is heated efficiently.

Lower Your Water Heating Costs

- On average 18% of the energy consumed in your home is from the water heater. Turn down the temperature of your water heater to a setting around (120°F). This will save energy and can help prevent burns.

Lighting

- Use light emitting diodes "LED's". They use less energy and have a longer life span.

Kitchen Make-over

Countertops are Important.

Look for materials that have properties such as durability, stain resistance and ease of cleaning. You may also want to consider something like slate, limestone or soapstone to achieve the look you are going for.

Install a Functional Island.

Islands should have an open, airy look to them. Ideally, avoid using it for appliances. Islands are a great place for doing prep work, especially if you have multiple cooks. It also makes a great place to gather and have conversations whether you are cooking or not.

Consider Maintenance and Cleaning.

Try to stick to natural surfaces with an inherent texture such as slate, terra-cotta, brick and tumbled marble. They are a little more difficult to clean but will camouflage small imperfections or maybe a spot you may have missed. Keep in mind that smoother surfaces in light colors, like white laminate counter tops or ceramic floors, may be easier to clean but show flaws very easily. Stainless steel is great, however, very hard to keep streak free.

Lighting is Everything.

Under-cabinet lighting is a must have wherever possible. This eliminates restricting shadows, they also give the room a very warm feeling when they are the only lighting in use. Track lighting for the open space gives a very contemporary and bold look, and for functionality sake they can be moved and pointed in any direction you like.

Your Stove Makes a Statement

Your stove is arguably the most important appliance in the kitchen. It makes a statement about how much you like to cook. For the sake of efficiency, consider wall ovens and countertop stoves. And, whenever possible, choose gas over electric; the heat is more even.

Ventilation

Not only does it give your kitchen a dynamic look, an oven hood is very functional for a couple reasons. Mainly for when you forget to set a timer, but also, in the summer months, getting the heat out of the kitchen is both economic and comfortable. Use some of the money you save on air conditioning to finance your next big cooking project.

Kitchen Sink

You probably use your sink more than anything else in the kitchen.

When considering the sink, here are a couple things to think about.

Detachable sprayers are absolutely invaluable, not only for water pressure but to get into hard to reach places without making a mess. A garbage disposal unit can also save you a lot of trouble, and help keep the smell down in your trash. By sending lemon peels down the disposal you can give your sink a pleasant clean citrus smell.

Written By:
Christopher Glenn



Painting Tips from an Expert



1. You must clean the walls

Any kind of dust, dirt, or grease spots will ruin a smooth finish, so with water, a little mild dish soap, and a sponge, lightly scrub the surface. Then rinse walls with clean water to remove the soap residue.

2. Tape off the trim, window, and the door frames

Painter's blue tape is what is recommended for this part of the process, and can be applied up to a week ahead. Immediately after painting, remove the painter's tape before the wall dries, that way you won't peel off any paint with it.

3. Prime the walls

Primer helps maximize the sheen and coverage of the paint and gives the finish coat a much more uniform appearance.

4. Brush where you can't roll

Use a brush to paint around trim and in corners, wherever your roller can't reach, with an angled brush. Extend brush painting out two to three inches from windows, moldings and doors.

5. Use the "W" technique

For maximum efficiency, start in the corner of a wall and roll on a three-by-three-foot W style pattern, then fill it in the W without lifting the roller off the wall. Continue this pattern in sections until you're finished. Remember to paint only one wall at a time.

6. Paint the trim

When the walls have completely dried, tape where the trim meets the wall. Paint the moldings and the window and door frames with an angled brush.

Landscaping Ideas

Save Money on Plants

If you wait until the end of the season to make purchases, you are likely to get some pretty good deals. Trees, plants, shrubs, and flowers will be going out the door at clearance sale prices. Even if the plants look a little beat up or the leaves look a little brown and tattered, as long as there is a healthy looking green stem, the plant is salvageable as long as it is planted quickly and watered properly.

Homemade Walkways

To give your yard a little character, consider creating a custom walkway. This type of project can be done inexpensively using leftover materials from a previous project. Consider using excess bricks from a retaining wall project, or if you just took down a retaining wall, you could repurpose the bricks into a sidewalk. Or if you have some leftover concrete mix, you can make custom shapes using cardboard. This can give your yard a very unique and personalized look.

Perennials or Annuals

This probably seems like a no brainer, however, choosing something that will re-grow year after year will save you a lot of work and money in the long run. Annual plants can be purchased at a lower cost and you can leave a little room between and around your perennials to switch things up every year and have a fresh new look every season.

Make your own Compost

A compost bin can be easily made from scrap materials such as broken pallets or scrap lumber, or if you are not very handy with building things, you can purchase a compost bin for a reasonable price on the internet or a hardware store. By recycling organic waste materials in the compost bin and mixing with equal part soil, you can make a very healthy environment for your plants to grow in.

Access

If you are building a fence or some type of wall, remember that you will probably need to get equipment and or materials through your yard, this will be handy for situations like tree trimming/removal or building or demolishing a structure. If you are hiring someone to do the work, be prepared to encounter additional costs if there is no access or something has to be removed and replaced, having sufficient access could save you a huge headache in the future. Remember a survey as well as a building permit may be needed.

Landscaping

Whether flowers or shrubs, perennials are a wise choice as they do not have to be replaced annually and ultimately can save you money. Consulting an arborist for guidance would be helpful if adding a tree is desired. A young tree will probably be the least expensive choice. A pathway using stepping stones can be a nice touch. Professional advice would be recommended. Tired of lawn maintenance? Rocks, pebbles and boulders can be a possibility. Choose the type to compliment your home.

Fencing:

Check local building codes for maximum height requirements.



10 Tips for Green Thumb GARDENING

Don't like all the dirt in your fingernails while you work in the garden? Before you go out, run your fingernails across a bar of soap and you'll effectively seal the undersides of your nails so dirt cannot accumulate. Then, after you are all done gardening, use a toothpick or nailbrush to remove the soap and your nails will be sparkling clean.



Spray vegetable oil on your string trimmer to help prevent jamming or breaking (Treat before installing string in trimmer).



Make a convenient measuring tool out of a long handled garden tool by laying it on the ground next to a tape measure. Use a permanent marker to copy the inches and feet. Next time you are spacing plants you already have a dual-purpose measuring tool in your hand!

Write the names of your plants (with a permanent marker) on the flat parts of stones of any size and lay them in front of your plants for natural looking markers.



The next time you boil or steam vegetables, use the leftover water to water potted patio plants, and you'll be surprised at how the plants grow with "vege-soup."

You can use leftover tea and coffee grounds to help acidify the soil of acid-loving plants like azaleas, rhododendrons, camellias, gardenias and blueberries. A light sprinkle of about 1/4 of an inch applied once a month will help keep the pH of the soil on the acidic side.



You can use chamomile tea to control damping-off fungus, which often attacks young seedlings quite suddenly. Just add some tea to the soil around the soil of seedlings once a week for healthy plant.

Here is a really quick way to dry out your herbs: Just lay a sheet of newspaper on the seat of your car, arrange the herbs in a single layer, then roll up the windows and shut the car doors. Your herbs will be dry in no time!



Use your blender to grind up egg shells. Just like a mother bird chews up worms for the baby birds making the food easier to digest, grinding eggshells makes it easy for your garden to absorb the calcium egg shells retain.

Animals (cats especially) seem to think all of the hard work you've put into your garden looks like a huge litter box. To keep them from pooping on your basil and other plants, strategically place a few plastic forks around your plants to deter them from destroying your fresh herbs, fruits, and vegetables.



Remodeling Safety Tips

Keep your Children Safe

Take note of potentially toxic materials you will be using for your project. Lead paint, asbestos, mold, and even dust are health hazards during a remodel, especially when the project includes demolition.

Keep children and pets out of areas where those hazards exist and away from toxic chemicals, such as paint strippers.

Power Tools

When using power tools be sure take out for use and put away when finished for the day. Don't leave them laying around for your children to stumble upon.

Materials

Building materials—such as adhesives, paints, sealants, and varnishes—can emit volatile organic compounds, or VOCs, even when stored. Exposure to VOCs as well as other pollutants can cause immediate symptoms, including respiratory irritation, headache, dizziness, and memory impairment. Some organic compounds may pose a cancer risk.

Keep your Pets Safe



Remember to separate your pets from your project.

Using Ladders Safely

Using a ladder is not always 100% safe. Use these practices when using a ladder:

Always open a stepladder to its fullest position, lock the spreader braces on each side in place, and pull down the bucket shelf.

Whether you are going up or coming down, always face the ladder head-on, and use both hands to hold onto the side rails or rungs.



Don't climb higher than two rungs from the top; don't sit or stand on the top or the bucket shelf.

To keep yourself from overreaching and getting off balance, never let your navel go beyond either of the ladder's side rails.

If you must work on a ladder in front of a door, lock the door.

Put the paint can or tray on the bucket shelf before you climb the ladder. And don't go up the ladder with tools in your hand or in your pockets.

If possible, get someone to stabilize the bottom of the ladder with both hands on the lower legs of the ladder.

Take it slow. It is not a race to the top. Use both hands and plant your feet carefully on each step.



Safety Tips

FIRST AID FOR BURNS & CHOKING

BURNS

For minor 1st and 2nd degree burns smaller than 3" in diameter: Cool the Burn. Run cool water over the burned area for 5 minutes, or until the pain diminishes. Never put ice on a burn!

Bandage the burn with sterile gauze:

It is important to use loosely wrapped gauze. This will avoid pressure and the bandage protects blisters. NEVER put lotions, vaseline, ointments or butter on burn. Do not break any blisters, which can cause infection.

Take Aspirin, Ibuprofen, Naproxen or Acetaminophen to relieve pain:

Minor burns usually heal with these basic treatments. Be aware for signs of infection which may include: increased pain, redness, fever, swelling or oozing. If symptoms develop, seek medical help. Avoid tanning the burned area for at least a year. Protect the area with sun-screen outdoors. Avoid giving aspirin to children.

For 3rd degree burns/all major burns - DIAL 911

DO NOT run cold water over large severe burns - this can cause shock.

DO NOT remove burnt clothing.

Check for signs of breathing/coughing/movement.

If there are no signs of breathing begin CPR.

Elevate burned areas above heart level, if possible.

Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.

CHOKING

Most people clutch at their throats when choking, an obvious symbol for help. However, if a person isn't giving that signal, be alert for these indications. Inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue, loss of consciousness.

The Red Cross recommends a "five-and-five" method for first aid: First give five blows between the person's shoulders with the heel of your hand. Second, perform the Heimlich maneuver (abdominal thrusts) five times. Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.



IN AN EMERGENCY, DIAL 911

Build • Plant • Live • Grow



LOCALLY

**...and support
the community
you live in!**

*you live in!
the community
you live in!*