



Household Hazardous Wastes:

Household hazardous wastes, if not disposed of properly, can be harmful to human health and the natural environment.

Store hazardous wastes securely for delivery to a household hazardous waste collection depot nearest your home - or better yet, use alternatives, as listed below.

ABRASIVE POWDERS

Rub area with lemon dipped in borax, rinse and dry.

AMMONIA-BASED

Mix vinegar, salt and water for surface areas. Baking soda and water for bathroom tiles.

CHLORINE BLEACH

Half-cup sodium hexametaphosphate per 20 litres water.

DISINFECTANTS

Half-cup borax in 4.5 litres of water.

DRAIN DECLOGGERS

1 - 2 handfuls baking soda, half-cup vinegar, allow to set for 1 hr., run water.

FLOOR & FURNITURE POLISH

Mix 1:2 parts lemon juice to olive or vegetable oil.

LYE-BASED OVEN CLEANERS

Baking soda and water.

METAL CLEANERS

Rub flour over surface with dry cloth.

RUG & UPHOLSTERY CLEANERS

Sprinkle dry cornstarch and vacuum.

SILVER POLISHES

Soak in boiling water with baking soda, salt and piece of aluminum.

TOILET CLEANERS

Toilet brush and baking soda.

WINDOW, GLASS, PLASTIC CLEANERS

Mix 2 tbsp. vinegar in 1.1 litres water in an empty spray bottle.

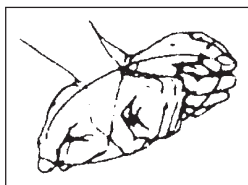
HOME FIRE SAFETY

How To Make Your Home Fire Safe

Safe Practices

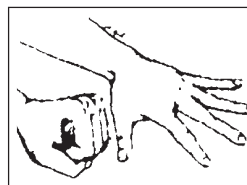
- ☐ Install *at least* one smoke detector on each floor of your home.
- ☐ Vacuum smoke detectors monthly to keep them dust-free.
- ☐ Inspect detectors monthly to ensure that batteries and lights work.
- ☐ Make sure that security gates and window guards can be opened easily from within the home.
- ☐ Establish escape routes from every floor of your home and know where to meet outside.
- ☐ If you do not have a fire-escape, keep portable escape ladders on the upper floors of your home.
- ☐ Have regular home fire drills.
- ☐ Keep a multi-purpose fire extinguisher on each level of your home - and learn how to use it.
- ☐ In the event your clothing should catch fire, *stop* what you're doing, *drop* to the floor, and *roll* around until flames are extinguished.

PREVENTING REPETITIVE MOTION PROBLEMS



Wrist Rotation

Make a fist and rotate your entire hand (from the wrist) in one direction. Repeat 15 times. Switch directions and repeat 15 times. Then, release your hands, and with fingers extended, do the same rotations.



Hand Stretch

Make a fist, then extend your fingers as far apart as possible. Hold for about 10 seconds. Relax. Repeat the entire sequence 5 - 10 times until hands and fingers feel relaxed.

TECHNIQUES FOR SAFE LIFTING

Tips To Remember

In addition to these techniques, remember to make sure that your footing is firm when lifting and that your path is clear. And be sure to use the same safe techniques when you set your load down. It takes no more time to do a safe lift than it does to do an unsafe lift, so why not play it safe and lift it right?



1. Tuck Your Pelvis

By tightening your stomach muscles you can tuck your pelvis which will help your back stay in balance while you lift.

2. Bend Your Knees

Bend at your knees instead of at your waist. This helps you keep your center of balance and lets the strong muscles in your legs do the lifting.



3. "Hug" The Load

Try to hold the object you're lifting as close to your body as possible, as you gradually straighten your legs to a standing position.

4. Avoid Twisting

Twisting can overload your spine and lead to serious injury. Make sure your feet, knees, and torso are pointed in the same direction when lifting.

