



I am certain everyone is ready for spring. One thing to bear in mind as the temperature rises, is potential spring weather extremes. Spring's frequent weather fluctuations and extra rain bring a whole host of extremes. Typically, in North America, these could include:

- Thunderstorms
- Extreme wet weather or flooding
- High winds or tornadoes

Such weather can affect working conditions greatly and pose "code red" workplace hazards. So, it's important that your staff are aware of the potential hazards raised by these weather extremes and know how to act. Some topics to consider include:

- Working with overhead wires in the wind/rain
- Ladder safety: particularly when the rungs of metal ladders get wet outdoors
- Slips, trips, and falls, particularly on stairs
- Being mindful of loose debris or falling objects in high winds

- Using (or not using!) power tools in extreme weather conditions
- Operating dangerous tools according to the manufacturer's instructions
- The dangers of working outside in a thunderstorm

BESIDES MOVING THE CLOCK AHEAD IN SPRING SOME OTHER REMINDERS INCLUDE:

- Check the air pressure in all vehicle tires frequently. Temperature fluctuations in the spring can mess with the balance of all four tires and increase your chance of an accident..
- Keep all your required PPE in your vehicle or bag so that you never forget to bring it with you. Replace PPE worn out during winter.
- Don't forget to use handrails when climbing stairs, especially if your shoes are wet.
- Clean your workstation regularly to eliminate trip hazards.

- Avoid walking through the grass and dirt when possible. This interferes with the traction on your shoes and can cause a slip.
- When using a ladder, make sure that your shoes are as dry as you can get them.
- Always have an extra layer of clothing with you in case the temperature drops during your shift.



Windows are Vital to Survival, but Keep Safety in Mind: Windows Rank Among Top 5 Hidden Hazards

Falls from windows are more common than people might think. According to SafeKids Worldwide, an average of eight children age 5 and younger die and more than 3,300 are injured each year from falling out of windows. The Window Safety Task Force offers these tips to help protect children from accidental window falls:

- When young children are around, keep windows closed and locked
- When opening a window for ventilation, use those located out of a child's reach
- Supervise children to keep child's play away from windows, balconies or patio doors
- Don't place furniture near windows that young children can climb on to gain access
- Don't allow children to jump on beds or other furniture to help reduce potential falls
- Don't rely on insect screens; they are designed to keep bugs out, not to keep children in
- Install ASTM F2090-compliant devices that limit how far a window will open, or

window guards with quick-release mechanisms in case of fire or other emergency

- Teach your child how to safely use a window to escape during an emergency, such as a fire

Take 5 Minutes to Install Window Guards

Beware of Strangulation Risks

Loose or looped window covering cords pose a strangulation risk to children. According to the CPSC, about eight children die each year after becoming entangled in a window covering cord. Use only cordless window coverings or those with inaccessible cords in homes with young children.

Most window covering products sold today are cordless or have short cords as a result of a safety standard that took effect in 2018, according to the Window Covering Safety Council. Replacement of older, corded window coverings is strongly recommended.

Windows are a Lifeline in an Emergency

Windows can save lives when used as emergency escape routes.

According to most residential building codes, bedrooms and other sleeping areas must have a secondary means of escape in case of fire or smoke, and that exit is often a window. Just having windows designated for escape is not enough; they also must be safe and accessible.

The Window Safety Task Force offers the following tips to help protect your family:

- Create a home fire escape plan that includes two exits from every room in your home, through a door and a window
- Practice your fire escape plan during the day and at night, as many home fires occur at night
- Practice opening and closing windows that may be designated as emergency exits
- If you cannot open the window to escape and are unable to break the glass, choose another exit route; some windows have impact-resistant glass, like those used in hurricane-prone areas

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Windows ...continued

- When remodeling, understand emergency escape and rescue building code requirements; egress windows are designated by code as large enough to escape through or for rescue workers to enter
- If you equip windows in your home with window guards or fall-prevention devices, use those that comply with ASTM F2090, which utilize quick-release mechanisms

Window Safety Week

Window Safety Week is observed on the first full week of April each year. NSC and the Window Safety Task Force provide materials and information you can use to share the window-safety message with your family.



Spring Safety Tips

1

Spring clean your workstation to eliminate trip hazards.

2

Upgrade worn out PPE that you have from the winter months.

3

Keep an umbrella in your car, work bag, or purse at all times.

4

Make sure your windshield wipers are in good condition.

5

Bring a reusable water bottle to work and stay hydrated.

<https://www.nsc.org/community-safety/safety-topics/child-safety/window-safety-week>

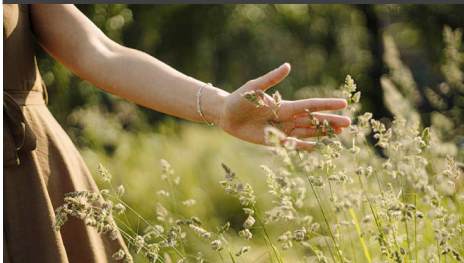
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DO YOU SUDOKU?

If not, you should and here's why...

- ✓ Sudoku improves your memory
- ✓ Sudoku stimulates your mind
- ✓ Sudoku increases your concentration power
- ✓ Sudoku gives you a sense of accomplishment
- ✓ Sudoku makes you feel happy

Finding joy in every phase of your life



Launching into the adult world, welcoming a child, transitioning to an empty nest or starting retirement — each phase of your life brings a range of emotions. Your initial feelings of excitement often are followed by being overwhelmed with all the unknowns and the demands of everyday life.

You may be questioning your job or career choice, longing for one night when the baby doesn't wake you up, missing your kids, or wondering what you'll do with your time when you have nothing but time. This is reality. So where's the joy in that?

Is it joy, or is it happiness?

Joy is there, even during transitional or challenging times, but you have to look for it. First, you need to know what joy isn't and what it is.

Joy isn't happiness. Happiness is a reaction to things happening around you, like having a fun outing with a friend. When you're struggling, it's harder to be happy, but you can still have joy.

Joy is a state of mind. While happiness and joy can be entwined with each other, joy is more profound and longer lasting. Joy can be big, like meeting your soulmate or holding your baby for the first time, or it can be the small things that soothe your spirit. You need to be open to experiencing joy.

For example, after a tough day at work, the last thing you want to do is take your dog for a walk on a gray, drizzly spring evening. But as you walk, you begin to notice little green shoots growing in a neighbor's garden, the mild breeze on your face, a cardinal calling from its perch, your dog snuffing along the path. And maybe, when you look up at the sky, the clouds part and you spot a rainbow.

By noticing, acknowledging and savoring these moments, you're sparking joy. These sparks accumulate in your brain and support your mental health.

How to find and cultivate joy

How you find and cultivate joy is personal — one size does not fit all. To start, reflect on a time when you did feel joy. What were you doing? Who were you with? Evaluating these times of joy can help you home in on what matters to you.

Finding joy is about paying attention to the moment — not looking ahead or ruminating on the past, but experiencing the now.

It's easy to jump to the negatives of your life

automatically. That's because the brain is hardwired for survival and safety, and anticipating what can go wrong protects you.

Have you ever noticed that you fret about hitting all the red lights when driving but don't celebrate the green ones? Finding joy is about carving out an opening for the positives.

By cultivating the pathway for positives, you start seeing them everywhere. Here are some techniques you can practice:

- Appreciate seeing joy in others. When someone else experiences joy, it boosts your own.
 - Count your blessings more. Pay attention when things in your life go smoothly.
 - Do something that will remind you of moments of joy at those times when you don't feel joyful. For example, take photos of joy-filled moments and look through them later.
- Name three things that happened in the past 24 hours that you're grateful for. Gratitude plays into joy.

Open yourself to joy

When you're struggling, it's hard to be open to positive experiences. It takes practice, but if you feel yourself going down the rabbit hole of negative thoughts and feelings, take a deep breath, pull yourself back and allow joy in.

18 Spring Drinks Recipes to Refresh You

As winter fades and spring blooms, it's the perfect time to refresh your drink choices.

With the arrival of warmer days, your taste buds might crave something fresh and light.

Spring drinks provide a way to enjoy new flavors and welcome the change in seasons.

The **Rhubarb Spritz** is a refreshing and light cocktail, perfect for spring.



You'll need rhubarb syrup, sparkling wine, soda water, and a lemon slice for garnish.

This drink balances the tartness of rhubarb with the bubbles from sparkling wine, making it ideal for a sunny afternoon.

To make this drink, mix 2 oz of rhubarb syrup with 4 oz of sparkling wine. Top it off with a splash of soda water. Add a lemon slice for a touch of citrusy aroma.

For a kids' party, replace the sparkling wine with lemon-lime soda. This way, the drink remains bubbly and appealing without the alcohol content. Add more soda water for mild sweetness.

Answer

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5	6	4	1	2	9	3	8	7
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4	9	6	7	1	5	8	3	2
3	2	5	8	4	6	1	7	9
8	7	1	6	9	3	5	2	4
6	5	2	4	8	7	9	1	3
9	4	3	2	5	1	7	6	8

go to <https://tastylicious.com/spring-drinks-recipes/> to see all 18 spring drinks