

Weekend

WARRIOR

Wisdom

It's Friday and the weekend warrior is ready; projects to build, gadgets to try out and repairs to be made. Some home improvement tasks are riskier than others; keep accidents to a minimum by remembering the basics and taking an extra step of caution. Your weekend warrior will thank you.

Many weekend projects require being outdoors. Play it smart by stocking up on the essentials:

- sunscreen for basic SPF protection
- water to keep him hydrated
- well-balanced meal with plenty of fruits and vegetables for energy.

Memorial
Hospital of South Bend®

qualityoflife.org/hdc

Spirit of
Women

Weekend Warrior Wisdom is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.



Celebrate the men we love and honor the hard work they do by putting their safety first. Partner with your Spirit of Women hospital to ensure that the weekend warrior in your life remains safe today and healthy tomorrow!



TIPS OF WEEKEND WARRIOR WISDOM

The Home Safety Council reports that an estimated 20,000 deaths occur each year as a result of home-related injuries. This June, as part of **Home Safety Month**, take action to increase safety at home, both indoors and outdoors. Not sure where to start? Check out these tips:

1. Keep a good first-aid kit on hand.
2. Dress for safety. (Just say no to flip-flops and shorts.)
3. Protect yourself against exposure to hazardous chemicals and materials.
4. Keep a tidy work area to avoid creating your own hazards.
5. Tackle only those tasks that you feel safe handling.
6. Equip your garage or workshop and your home with fire extinguishers.
7. Keep tools and supplies away from the reach of small children.
8. Always position a ladder on a flat, firm surface.
9. Only perform electrical work if you have the required knowledge.
10. When using power tools, be sure to follow all precautions stated in the manual.
11. Keep drill bits, blades, and cutters sharp. Dull tools require extra force and can bind.
12. Ensure corded power tools are plugged into a receptacle that is protected by a ground-fault-circuit interrupter (GFCI).
13. Think twice before working on gas pipes; it's often best handled by a professional technician.
14. Dust and fibers can be hazardous to breathe. When sanding wood or wallboard joint compound, wear a dust mask.
15. Know how to handle lead-based paint. Test surfaces before sanding or stripping.

SOURCES:

www.hometips.com
www.homesafetycouncil.org
www.cdc.gov
 Men's Health Magazine