



Health and Wellness Tip of the Week - Week 12

March 24, 2014

Monthly Topic

National Poison Prevention Week is in March so it's a great time to provide poison prevention tips to your employees



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Guard Your Home From Intruders

Carbon monoxide (CO) is a threat to home safety. Experts say all homes should have CO detectors installed near sleeping areas. Like your smoke alarm, CO detectors should be checked at least once a month. Batteries should be replaced at the same time each year.

Causes of CO poisoning include:

- Poorly vented gas furnaces, fireplaces and appliances
- Gas generators used when electrical power is off
- Using charcoal grills or portable stoves indoors

Source: Centers for Disease Control & Prevention