

inSIGHTS

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Finding a babysitter that you trust with the care and protection of your children can be difficult. Utilize the following tips to simplify the babysitter-selection process.

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In less than 30 seconds, a small flame can get completely out of control and can turn into a major fire. Read on to learn about the importance of fire escape plans.

FUEL PUMP SAFETY

Though fuel pump accidents are rare, it's important to be aware of the inherent dangers of filling your tank. To avoid potential fueling hazards, follow these safety guidelines.

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Associates of Glens Falls Inc.
(518) 793-3444
www.aogf.com



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Round the Clock Coverage

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LIFE

5 Tips for Hiring the Right Babysitter

Finding a babysitter that you trust with the care and protection of your children can be difficult. And the added pressure of choosing someone who gets along well with your loved ones is especially daunting.

Thankfully, the following tips can help simplify the babysitter-selection process:

1. Hire a sitter who is at least 16 years of age.
2. Ensure that the sitter has taken CPR and other relevant courses.
3. Invite the sitter to spend time with you and your children before you hire him or her for the job. This will allow your children to acclimate and give you some insight into how the sitter interacts with your family.
4. Conduct a thorough interview and double-check references. Be sure to ask questions related to experience, availability and cooking ability.
5. Trust your gut. Oftentimes, you will be able to get a good sense of what a person is like in the first 10 minutes of meeting him or her. If your instincts are telling you something, it's best to follow them.

When interviewing candidates, it's good to keep the information of one or two backup sitters in case your top choice falls through.

HOME

The Importance of Fire Escape Plans

Time is your biggest enemy when escaping from a burning building. In less than 30 seconds, a small flame can get completely out of control and can turn into a major fire.

Proper planning may mean the difference between life and death.

When creating a fire escape plan, incorporate the following elements:

- Use the back of your hand to feel the top of the door, the doorknob and the crack between the door and the frame to make sure that the fire is not directly outside. If the door feels hot, use a secondary exit. If the door feels cool, brace yourself against it and open it slowly.
- Do not waste any time trying to save your personal property. Instead, take the safest exit route.
- If you must escape through smoke, crawl low under the smoke and cover your mouth.
- Establish a meeting place outside of the home where everyone knows to go once they are safely out. Designate one person to go to a neighbor's house to call the fire department.
- Never go back into a burning home for any reason.

Every member of your family should practice the escape plan each month both in the light and in the dark so that everyone knows how to get out of the house.

AUTO

Fuel Pump Safety

Though fuel pump accidents are rare, it is important to be aware of the inherent dangers of filling your tank. To avoid potential fueling hazards, follow these safety guidelines:

- Turn off your engine before beginning to refuel.
- Never smoke, light matches or use lighters when refueling at the pump or when you are using gasoline anywhere else.
- Stay outside of your vehicle while you are refueling in case something goes wrong and you need to press the emergency stop button.
- Never use your cellphone or other electronic devices while filling up your tank. Static electricity from the device can cause the fuel to ignite when phones or other devices light up when they ring.

In the event that static electricity does cause a fire to occur, leave the nozzle in the fill pipe and move away from your vehicle. Then, notify the station attendant immediately so he or she can rectify the problem and call for assistance.

IN THE KNOW

Snow Shoveling Safety

Snow removal is critical to ensuring the safety of pedestrians using your walkways. However, shoveling is a strenuous activity—one that requires good form and precaution.

To stay safe when shoveling, keep in mind the following:

- Warm up and stretch before shoveling.
- Shovel at a slow pace to avoid overexerting yourself.
- Push snow instead of lifting it.
- Bend from your knees and not your back.
- Avoid twisting when lifting.

Keep in mind that shoveling can be very stressful on the heart. Be sure to stop shoveling and call 911 if you experience chest discomfort, shortness of breath, dizziness or nausea.

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