



Spartanburg County

MAY – JUNE 2013

RISKY BUSINESS

Mission Statement:

At Spartanburg County, safety and health are a shared responsibility. Everyone from administrators, to each and every employee, must take ownership of his/her safety and that of their co-workers.



Home Inspection & Maintenance Tips

Your home is one of your largest investments. The best way to keep it running smoothly and efficiently is through regular maintenance. This spring, make sure to do a home inspection, either DIY or hire a pro, and follow these home



maintenance tips:

- ✚ Know where your main water shut-off valve is located and know how to turn the water off.
- ✚ Inspect ceilings and walls for water spots, peeling paint, and loose ceiling tiles for hidden leaks.

- ✚ Equip your showers, sinks and tubs with drain screens to catch the debris, hair, and bits of soap that can cause clogs and back-ups.



- ✚ Never flush items like diapers, Q-tips, sanitary napkins, or tampons down a toilet.
- ✚ Have the roof inspected for damage such as lifting of shingles, missing shingles, holes, or wear. Be careful if you need to use a ladder or climb on the roof.
- ✚ Inspect, clean and repair all gutters and down spouts.
- ✚ Inspect exposed wiring for wear or damage. Be careful not to touch wiring.
- ✚ Label with a pen or permanent marker each circuit breaker, noting which location it serves. If you have fuses, also note the amperage.
- ✚ Major appliances should be plugged into appropriate outlets.
- ✚ Do not place floor coverings (e.g., carpeting) over electrical cords.
- ✚ Have furnace/air conditioners professionally cleaned and serviced annually (including the filter).

- ✚ Hire a certified chimney sweep to inspect and clean creosote build-up in chimney.
- ✚ Keep walkways, stairs and sidewalks free of obstacles.
- ✚ Keep stairs, porches, stoops and their rails in good repair.
- ✚ Maintain and use outdoor lighting.

There's more to a home than its appearance. You owe it to yourself to find out what's happening beneath the surface. A home has many complex units that may not be as sound as they look. You need to know if its structural integrity is solid and if the electrical, plumbing, heating and air conditioning systems are in good working order. Have questions? Call a contractor or inspector to give you the best analysis.



!! NEW LOCATION !!



Spartanburg Regional Healthcare System is opening a new location for our use with our Workers' Compensation injuries!

Effective **April 1st, 2013** employees can visit:

**Immediate Care Center Eastside
1200 East Main Street
Suite 12
Spartanburg, SC 29307
864-560-9260**

Hours are as follows:

**Monday – Friday
7 AM to 7 PM**

**Saturday & Sunday
8 AM to 5 PM**

Spring Allergy Tips

With spring rains, there's more mold growth inside and outside your home. Flowers, trees, weeds, and grasses also begin to blossom. And spring cleaning will stir up dust mites throughout the house as well.



Keep Pollen Under Control

To tame pollen, wash bedding every week in hot water. Wash your hair and shower before going to bed, since pollen can accumulate in hair.

Clean Every Surface

Wear a mask and gloves when cleaning, vacuuming, or painting to limit dust and chemical exposure. Vacuum twice a week.

Wash Rugs

Limit throw rugs to reduce dust and mold. If you do have rugs, make sure they are washable.

Keep Indoor Air Clean

Keep windows closed to reduce pollen entering the house. Change filters in air conditioning units and vents frequently this time of year.

Consider Allergy Medicine

Talk to your doctor about a seasonal allergy drug that may be appropriate for your symptoms.



Did You Know?

Jean-Claude Van Damme delivered pizzas
Bill Murray was a pizza maker
Madonna worked at Dunkin' Donuts
Julia Roberts worked in an ice cream parlor
Queen Latifah worked at Burger King
Andie McDowell worked at McDonalds, as did
Quintin Tarentino
Jennifer Aniston was a waitress in a burger cafe