

FULLER FACTS

HELPFUL SUMMER TIPS

Summer Lawn Mower Safety Tips

Once the weather warms, millions of people head outside to mow the grass. While it is one of the most common pieces of power equipment, the lawnmower – with a blade speed of about 200 miles per hour – is also one of the most dangerous.

Each year, approximately 75,000 people are injured by lawnmowers. Approximately 10,000 of those injured are children under the age of 18.

These are some tips for safe mower use:

1. Do not remove safety devices or guards on switches.
2. Never insert hands or feet into the mower to remove grass or debris. Even with the motor turned off, the blade remains engaged.
3. Always use a stick or broom handle to remove any obstruction (with the engine off).
4. Never allow a child to operate the mower at any time or be in the area to be mowed.
5. Wear protective boots, goggles, gloves, earphones/plugs and long pants. Do not operate the lawnmower while barefoot. Be cautious when mowing hills or slopes.
6. Never allow passengers, other than the driver, on riding mowers.



For more information about mower safety visit:

American Academy of Pediatrics: <http://www.aap.org/family/tiplawn.htm>



Summer Gardening and Pesticides

It's summertime, and many of us are spending more time outdoors in the garden. For some people, gardening means using pesticides. The EPA says that "the most effective way to reduce risks posed by pesticides is to use non chemical control methods to reduce or eliminate pest problems including removing sources of food and water (such as leaky pipes) and destroying pest shelters and breeding sites (such as litter and plant debris)."

If you use pesticides you might want to follow these tips and review other information found on the Web at <http://www.epa.gov/pesticides/about>:

- Always read the label first and follow the directions to the letter, including all precautions and restrictions.
- Use protective measures when handling pesticides as directed by the label, such as wearing impermeable gloves, long pants, and long sleeve shirts. Change clothes and wash your hands immediately after applying pesticides.
- Don't spray outdoors on windy or rainy days. Take precautions to keep the pesticide from drifting or running off into the vegetable garden, pool, or neighbor's yard.

For more information on pesticide exposure, you can contact the National Pesticide Information Center (NPIC) between 6:30 a.m. and 4:30 p.m. (Pacific Time) seven days a week, at 1-800-858-7378 (toll-free) or through their web site at <http://ace.orst.edu/info/npic>

Grilling Safety Tips

Once you are ready to grill, completely defrost meat and poultry before grilling so that your food will be cooked evenly. Your refrigerator is the safest place to defrost food, though it takes a little planning ahead. If you have sealed packages, you may thaw them in cold water. You may also use the microwave to defrost if you will be grilling immediately after.

To reduce your exposure to potential carcinogens, try to marinate meat before grilling; microwave meat for 1.5 to two minutes before grilling to reduce cook time; scrape old, charred food off your grill before using it; turn meat often while cooking to minimize charring; place aluminum foil or a shallow pan under meat to catch drips; and remove charred pieces from meat before eating.

For more information about grilling safety and safe food handling visit: <http://www.cpsc.gov/cpsc/pub/prerel/prhtml97/97128.html>

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