

Safety Tips as We Spring into Spring

Wow, what a harsh winter it has been. With above-average snowfall, devastating flooding, and so many cloudy/gloomy days, it seems winter will never end. But congratulations, we have made it through to the transition month of March. As we all know, the only predictable pattern concerning spring weather in Kentucky is, well—that it's unpredictable. Sunshine, snow, sleet, rain, tornados, hail... you never know what you're going to get. That is why it is so important to be weather aware. The highest risk of severe thunderstorms and tornadoes in Kentucky typically occurs from March to June, but as we all know, they can happen anytime.

Being prepared for a severe weather event can make all the difference.

- Know the Emergency Action Plan for your building.
- Monitor the forecast and local radar if severe weather is forecast.
- Keep away from windows, doors, and glass during severe weather.
- Remain calm and move to a designated safe area.
- If you are working outside during severe weather, the safest action is to seek shelter indoors in a sturdy building immediately.
- If you are driving, turn around and don't drown. Never drive through flooded roads.

Besides the weather, here are a few other items to consider as we spring into spring.

- Check your smoke detectors and change your batteries. Replace all smoke alarms with 10-year lithium-powered batteries every 10 years.
- Check your carbon monoxide (CO) detectors. Change batteries if applicable.
- As the weather starts to warm, watch for ticks and other insects that will become more active. Where your repellent.
- Be sure to wear your sunscreen. The UV Index (Ultraviolet Index) is a measurement of the sun's intensity and the risk of sunburn. It is recommended to wear sunscreen when the UV Index is 3 or higher. When outside, generously apply broad-spectrum SPF-15 or higher sunscreen on exposed skin and wear protective clothing, a wide-brimmed hat, and sunglasses.

We hope these safety reminders have been helpful. As always, if you have any questions, get with a member of the Secretary's Office of Safety.

