

· HURRICANE · FLASH FLOOD · EARTHQUAKE · TORNADO · TERRORIST ATTACK

## WHEN DISASTER STRIKES

### Create a Disaster Plan

- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Pick two places to meet:
  1. Right outside your home in case of a sudden emergency, like a fire.
  2. Outside your neighborhood in case you can't return home.
- Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance.

### Practice and Maintain Your Plan

- Quiz your kids every six months on what to do.
- Conduct fire and emergency evacuation drills.
- Replace stored water every three months and stored food every six months.
- Test and recharge your fire extinguisher(s).

### Complete This Checklist



- Teach children how and when to call 911 or your local Emergency Medical Services number.
- Teach your family how and when to turn off the water, gas and electricity.
- Teach each family member how to use the fire extinguisher(s).
- Conduct a home hazard hunt for items that can move, fall, break or cause a fire.
- Take a Red Cross first aid and CPR class.
- Find the safe spots in your home for each type of disaster.

**Knowing what to do is your best protection, and your responsibility.**

## Important Safety Tips When Choosing Toys for Young Children

The U.S. Consumer Product Safety Commission (CPSC) warns gift-givers to keep safety in mind when choosing toys for young children.

The CPSC requires labels to be on all toys marketed for children from three years old to under six years old if the toys pose a choking hazard to children under the age of three. These labels tell consumers two critical things: First, they let them know that a toy is not safe for younger children and second, why the toy is not safe.

The following tips will help consumers choose appropriate toys at the holiday season and all year round. This information can also save a child's life.

- Select toys to suit the age, abilities, skill, and interest level of the intended child. Toys too advanced may pose safety hazards to younger children.
- For infants, toddlers, and all children who still mouth

objects, avoid toys with small parts which could pose a fatal choking hazard.

- For all children under the age of eight, avoid toys that have sharp edges and points.

- Look for labels that recommend the appropriate age.



### Decorate Safely with Lights

**Use only outdoor lights outside your home and fasten the bulbs securely. Connect no more than three strands together. Never use indoor extension cords outside. Keep outdoor electrical connectors above ground and out of puddles and snow.**

# Home Winter and Fire Safety Tips

- Never discard hot ashes inside or near the home. Place them in a metal container outside and well away from the house.

- Never use a range or oven to provide your house with additional heat. Not only is it a safety hazard, it can be a source of potentially toxic fumes.

- If you use an electric heater, be sure not to overload the circuit. Only use extension cords which have the necessary rating to carry the amp load.

- Avoid using electric space heaters in bathrooms or other areas where they may come in contact with water.

- Be sure all furnace controls and emergency shut-offs are in proper working condition.



- If you have frozen water pipes, never try to thaw them with a blow torch or open flame. The pipe could conduct the heat and ignite the wall structure inside the wall space. Use hot water or a UL labeled device such as a hand held dryer for thawing.

- If windows are used as emergency exits in your home, practice using them in the event fire should strike. Be sure that all windows open easily. Home escape ladders are recommended.

- If there is a fire hydrant near your home, you can help the fire department by keeping the hydrant clear of snow so in case it is needed, it can be located.

- Be sure every level of your home has a working smoke detector, and be sure to check and clean it on a monthly basis.

## Christmas Tree Safety

**Consider an artificial tree (they are much safer and cleaner).**

A real tree should not lose green needles when you tap it on the ground. Cut one inch off of the trunk to help absorb water. Leave the tree outside until you are ready to decorate. The stand should hold at least 1 gallon of water. A six foot tree will use approximately one gallon of water every two days. Check the water level every day. Secure the tree with wire to keep it from tipping. Keep the tree away from floor heaters, fire places, or other heat sources. Use only UL-approved lights, and no more than 3 strands linked together. Use miniature lights, which have cool-burning bulbs. Turn off the Christmas lights when you sleep or if you leave your home for a long period of time. Never use candles, even on artificial trees.



## Tips To Help Prevent Back Injuries

- Test every load before you lift by pushing the object lightly with your hands or feet to see how easily it moves.

- Pace yourself. Take many small breaks between lifts if you are lifting a number of things.

- Don't overdo it — don't try to lift something too heavy for you. If you have to strain to carry the load, it's too heavy!

- Make sure you have enough room to safely lift the object. Clear a space around the object before lifting.

- Look around before you lift and look around as you carry. Make sure you can see where you are walking. Know where you are going to put down the load.

- Avoid walking on slippery and uneven surfaces while carrying anything.

- Try to carry the load in the space between your shoulder and your waist. This puts less strain on your back muscles.

- Get help before you try to lift a heavy load. Use a dolly or a forklift if you can.

**DON'T DRINK & DRIVE!**

# For Parents of Teens Attending a Party

## Be sure you know where your teenagers will be:

- Get the address and phone number of the people who are throwing the party.
- Let your teenager know that you expect a phone call if the location has changed.



## Contact the parents of the teenager giving the party to:

- Verify the occasion
- Offer assistance
- Make sure that a parent will be present
- Be sure that alcohol and other drugs will not be permitted.

## Know how your teen will get to and from the party. If necessary, be available to provide transportation.

- Impress upon your teenager to NEVER ride home with a driver who has been drinking.

## Set the time teenagers are expected to return home.

- Be awake or be sure to have them wake you up when they get home.

## If your teenager stays overnight with a friend after the party, check with the friend's parents to make sure that:

- They want your teen to stay over and they will be home.
- You both agree on the length of stay and other basic rules.
- You and your teen phone the host or hostess of the party the next day to thank them for their hospitality.

# Caught in a Winter Storm

If you are caught in your car during a winter storm:



- Remain inside your vehicle. This will offer you the best protection from the storm.
- Avoid overexerting yourself by trying to push your car or clear the snow from your path. However, keep warm by clapping your hands and exercising your arms and legs inside the car.
- Open the downwind window of your car. This will allow fresh air, but not exhaust fumes, to enter the vehicle.
- Make your vehicle visible to others by turning on an interior car light or a flashlight at night. STAY AWAKE. Sleep in shifts if necessary.



## Winter Car Kit

- Flashlights with extra batteries
- First aid kit with pocket knife
- Necessary medications
- Several blankets
- Sleeping bags
- Extra newspapers for insulation
- Matches
- Extra set of mittens, socks, and a wool cap
- Rain gear and extra clothes
- Small sack of sand for generating traction under wheels
- Small shovel
- Small tools (pliers, wrench, screwdriver)
- Booster cables
- Set of tire chains or traction mats
- Cards, games, and puzzles
- Brightly colored cloth to use as a flag
- Canned fruit and nuts
- Nonelectric can opener
- Bottled water

# Safe & Secure While Shopping



- Don't display large sums of cash in public. Be discreet about the money or other valuables you are carrying.
- Be alert in public restrooms. If anything seems amiss or if a group of people are loitering in the area, leave quickly.
- Stay alert in crowds to protect your valuables. A thief can use the cover of the crowd to make a quick getaway after stealing your wallet or shopping bag.
- Don't keep your keys in your purse. If your purse is stolen, the thief will have your address and keys to your home.
- Try to park as close to the entrance of the mall or store as possible. In a parking garage, park on the level that leads directly to the mall, so you can avoid elevators or stairwells. Stay alert for people standing behind parked cars or pillars. At night, park under a light whenever possible.
- Consider using the mall's valet parking service if it offers one.
- Note your parking spot so that you don't have to wander around the parking lot after shopping.

- Take out your keys before leaving. Make sure nobody is in the car before entering. Immediately lock the doors when you get inside.
- If you are leaving a mall alone at night, request a security escort to your car.
- Don't leave packages visible on the seats or floor of your car. Use the trunk.

## Giving to Charities

Giving to charities is a big part of the holiday season but be careful. Here are a few tips:

- Give because you believe in the cause. Good telemarketers won't pressure or threaten you to give.
- If concerned, ask for identification.
- When in doubt, ask for it in writing.
- Ask questions such as how the donation will be used.

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## NEWS YOU NEED TO KNOW...

- **Clients ... Don't forget to use the "Gift Certificate"** we recently gave you with our Holiday card. You'll get 10% off your next purchase of any product (excluding monitoring & service) that we carry (up to 6/30/05). If you misplaced your Gift Certificate, call us at 518-523-1600 (or stop by Mon. - Fri. **8:30 AM - 4:30 PM**).
- **Clients ... It's hard to believe it's Winter already!** Don't forget to let us know if and when you're leaving the area this Winter so we can schedule arrange to service your system for the upcoming season. You may also want to consider additional fire and/or low temperature detection in case you plan to keep the heat and/or electricity on while you're away.
- **Thanks for over 22 Years of Business ... since 1982 !** We couldn't have done it without you! To show our appreciation, you can still receive 22% (up to \$ 500.) off any new security system (or on any upgrades or additions to your existing system ) anytime up to 3/31/05, just for mentioning this ad! Call or see us for details.
- **Thanks for voting us #1 again (for the 6<sup>th</sup> year in a row!)** As some of you may know, we were awarded the Adirondack Daily Enterprise/Lake Placid News 'Best of Mountains/Reader's Choice' award for "Best Security Systems Service" for 2003. This makes it our fifth year in a row that we have received this distinction & want to thank each & every one of you who voted for us... it's an honor to serve you and we're proud of our accomplishment!
- **COMSEC is still part of the Security Associates (SAI) National Dealer Advisory Council!** COMSEC'S President, Bill Borland, has recently been appointed to our central station's National Dealer Advisory Council for another year, representing all of the security dealers that utilize their service in the Northeastern US. "It is a great honor for both myself and COMSEC to be re-appointed to this council and I'm looking forward to helping SAI continue to serve it's client's superior service now and in the future", Mr. Borland said. As you may know, SAI monitoring operations are now consolidated into two fully redundant, technically advanced "host" centers in Arlington Heights, Illinois and Pompano Beach, Florida. Today, over 3,000 alarm companies call it "home" for their central monitoring!

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Well, that's about it for this issue. We would like to hear from our readers - comments, suggestions, criticisms, whatever. We want to reflect the feelings of not only our Company, but of our clients and friends as well. Send your comments, letters and suggestions to us at: 43 Saranac Avenue, Lake Placid, New York 12946 OR call us at 518-523-1600 (8:30 AM-4:30PM Weekdays). Thank You!