

SPRING CLEANING WITH SAFETY IN MIND

A message from Liberty Mutual Insurance

Spring is in the air... along with dust, pollen and the urge to rid your car and house of winter buildup. These tips will help you prepare for the spring and summer months without risking your health.

Cleaning Supplies

This is the time of year when people stock up on cleaning supplies to bring some much-needed freshness to their homes and cars after a long winter. Many cleaning formulas contain chemicals that are harmful to your health when breathed in or ingested. So if you familiarize yourself with the [safety symbols on labels](#), it will help you avoid illness caused by exposure to toxic liquids and fumes.

It's important that the rooms and vehicles you are refreshing have proper ventilation to allow chemicals to escape. Be sure to open windows to allow air to circulate. You should also avoid direct contact with cleaning supplies by wearing gloves and eye protection. Also, always keep children away from all chemicals.

In the event that you or anyone in the household ingests or breathes in a large amount of any hazardous cleaning product, call 911 immediately.

Lead Paint

If your home was built before 1978 and you haven't had your house inspected for lead paint, now is the time to do it. Locate a trained professional who will tell you if there are any risks of lead exposure in your home and what actions you need to take, if any.

Detectors

Spring is also a great time to take care of your home's smoke and carbon monoxide detectors. You should be testing batteries every month, but this is a good time of the year to replace them.

As for proper placement, smoke alarms should be in every bedroom as well as common areas on every floor. Carbon monoxide detectors should be installed in a central area outside of every bedroom and on every level of the home.

To learn how to keep your home and vehicles protected from more than a little winter buildup and to get your free, no-obligation quote on Liberty Mutual home and auto insurance by calling 800-809-9778 or visit LibertyMutual.com/NAR

SOURCES:

<http://chemistry.umeche.maine.edu/Safety/Symbols.html>