

SAFE SPRING CLEANING

Spring is finally here! Whether you're planning to declutter your home, office, or both, opening the windows and doing some spring cleaning is a great way to welcome warmer weather. When spring cleaning, it is important to remember that personal safety comes first. It may take a bit more time, but it's a sure way to make sure your spring cleaning is the most effective (and safest) yet.



Below are some spring safety tips to help get you started.

1

This tip may be simple, but it is the most important! Take your time as you clean. If you try to clean your whole home, yard, or office in one day – you will be inclined to cut corners and compromise your safety in favor of speed. Take it slow and pause when you think you need a break. Sit down, drink some water, or enjoy the outside so you can return to the cleaning with a fresh outlook geared towards safety.

2

If we learned one thing from the pandemic, it is how valuable and useful a face mask can be. They do more than just prevent disease; they are indispensable when cleaning. When dusting your home or office, don a mask to protect your lungs. Gloves are also handy when cleaning; before you use an industrial strength disinfectant, consider using an environmentally friendly product. Cleaning products may contain chemicals associated with eye, skin, or respiratory irritation.

3

Be mindful when carrying heavy objects. If the object you want to move is too heavy, ask for help. When lifting heavy items, make sure to wear shoes and use proper form. Keep your back straight and lift with your legs. Using the correct form makes lifting heavy objects easier – and your back will thank you too!

4

Spring cleaning can be exhausting, so make sure to stay hydrated as you clean. This tip is a good rule for your day-to-day activities as well. Hydration is vital for many reasons – it regulates your internal temperature, keeps joints lubricated, and helps your body maintain high levels of energy.

It is better to drink water consistently throughout the day rather than a lot all at once. Whenever you think about water, take a quick drink. Investing in a reusable bottle reduces unnecessary plastic waste, and you will be more motivated to drink when water is nearby.



Spring is the perfect time to give your medicine cabinet a thorough checkup. *Never* pour medications down the sink or flush them down the toilet.

For more information on how to safely dispose of medicines, visit [the Saskatchewan Health Authority website](#).



To get your grill ready for the season, thoroughly check all the components to make sure nothing became broken or damaged during the winter. Check for small animals (mice) which can block gas lines and cause an explosion if turned on.

For more information on spring cleaning for your grill click [here](#).