



Change Your Clocks, Change Your Batteries

November 6th is the end of daylight savings time. This is a great time to remember to not only change the clocks in your home but also change the batteries in your smoke detectors. However, not all smoke alarms are designed the same. There are two types of smoke detectors and you should be aware of what you have in your home.

- ⇒ Smoke detectors with non-replaceable 10-year batteries are not designed to have the batteries changed. Once the alarm chirp sounds you must replace the entire smoke detector.
- ⇒ Smoke detectors with any other type of battery must be replaced at least once a year. When the alarm chirps make sure to replace battery right away.



If you are unsure of what type of smoke detector you have, do some research and find out as it's important to know. Make sure you also test them monthly. Having working smoke alarms can be the difference of life or death in a fire.

Holiday Cooking Safety

The kitchen is the heart of the home, especially around the holidays. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on or around holidays when there is a lot of activity and people in the home. Here are some tips to keep you and your family safe in the kitchen.

- ⇒ Keep an eye on your food when cooking. Never leave the stove on when you are not in the kitchen and attending to the food.
- ⇒ Keep children away from the stove. Kids should stay at least 3 feet away when the stove or oven is on.
- ⇒ Make sure kids stay away from hot food and liquids. The steam or splash could cause serious burns. Keep hot foods away from the table's edge, especially if there is a tablecloth or runner on the table that would allow them to pull a hot item off.
- ⇒ Keep knives out of reach of children.
- ⇒ Use back burners if possible and make sure all pot handles are turned away from the edge.
- ⇒ Have activities that keep kids out of the kitchen during this busy time. Games, puzzles or books can keep them

