

Safe Electrical Buzz

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Meet Zapper!



- Hey Everyone I figured it was time to introduce myself! My name is Zapper and I'm the resident shop mascot and people greeter. I've been with SAFE Electrical now for what seems like a dog's age and I really love it here!
- Start getting excited to see more of my hilarious antics and posts in the future! I figured since my co-workers had so much fun sharing with you guys, I would too! So without any further hesitation I present my first post.... Holiday Safety Tips from me....Zapper

Tips From Zapper!

1. Keep the tree safe. Check the lights before you put them on it. Don't use cords that are kinked or frayed, and never overload the electrical outlet. For the safest possible Christmas, never leave lights on when you are not at home and awake. An inexpensive timer can turn the lights off and on for you. You'll save money that way too. Make sure the tree stays watered if it's a live tree, or use an artificial one. Never put lit candles on or near a Christmas tree.
2. Don't overload the car. If you bring home your own tree, be sure it is well strapped down. Make sure you can see out of the back windows at all times. Remember to fasten seat belts as well.
3. Speaking of overloading don't over load your circuits. If you need an extra outlet or are having fuses pop call a professional to have the issue corrected.
4. When you entertain, it is easy to leave food out too long. Try not to let this happen as it leads to stomach aches.
5. Keep kids safe. The holidays have so much going on, it's easy to get distracted. Don't let little ones out of your sight at the mall, and stay in touch with your teens.
6. Keep pets happy and safe. Make sure any outside animals have a waterproof wind-proof shelter, and make sure indoor pets stay inside. Sometimes they get nervous when holiday guests come, so make sure there is a pet sanctuary somewhere in the home.
7. Lock presents in the trunk. Never leave them where they can be seen. Do as much of your shopping as possible in the daytime, or at least in well lit locations.
8. Keep poinsettias and chocolate away from your furry friend as they are both very toxic and can do serious harm to your little friend.
9. Take care of yourself. Make sure you get enough sleep, even if it means tucking in a nap somewhere. Schedule some alone time. The holidays are fun, but they're also stressful, so you need to take care so your at your best.
10. Enjoy this special time. Follow these tips, and stay aware, but remember to relax and enjoy the warmth and closeness the season brings. Happy holidays from Zapper!

A sound you can live with

If you're wondering why the National Fire Protection Association is focusing on smoke alarms when most homes already have at least one, you've come to the right place. The NFPA theme is "Smoke Alarms: A Sound You Can Live With!" Unfortunately, homeowners sometimes unplug or remove the device after a false alarm. That's a very dangerous move.

~ The kitchen fire alarm is the one most likely to be removed because residents burn toast or food and don't want to be bothered by the sound. Then they don't bother to put it back in place. In home fire deaths, some 23 percent of smoke alarms had been purposely disconnected. Try moving the alarm some distance from the toaster so it doesn't go off as often. But keep it in the kitchen

~ Cooking is the number one cause of home fires and injuries.

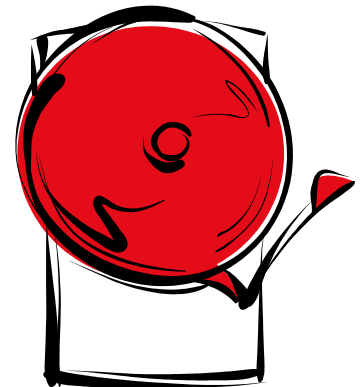
~ One of the most significant things you can do during Five Prevention Week is update your smoke alarm system.

~ Replace batteries and check the alarm to be sure it works.

~ Install another smoke alarm in a different area of the house, such as near bedrooms. Interconnected alarms that sound at the same time increase safety.

~ Consider having smoke alarms hard-wired into the electrical system. Permanent installation eliminates the task of changing batteries.

~ Hard-wired alarms worked in 91 percent of home fires in recent years, while battery operated units worked only 75 percent of the time.



~ More than half of smoke alarms in reported fires and two-thirds of alarms in homes with fire deaths were battery operated.

~ Smoking is the leading cause of fire deaths.

~ Heating is the second leading cause of home fires, fire deaths and fire injuries, so please have your furnaces and smoke detectors serviced and checked yearly

How To Look Confident And Collected ...When You Really Are Nervous

In business, there are many situations that make you feel stressed. A meeting with the boss, a sales call, giving a speech, or speaking out to present an idea at a meeting, are some instances. The basic tools for performing well under these circumstances are preparation and self-confidence, but sometimes they aren't enough.

- * It helps to calm yourself before a meeting with physical exercise to decrease your adrenaline level. Take a walk or push on a wall to burn adrenaline. Walk slowly to the meeting to reduce your heart rate.
- * Focus on the material and the information you have to offer. Don't think about yourself or the impression you are making.
- * Know that you don't have to be perfect. If you make a mistake, just move on.
- * Some advisors recommend finding one or two agreeable faces in an audience and looking at them rather than scanning an entire group.
- * Avoid nervous gestures such as putting hands in and out of pockets, buttoning and unbuttoning a jacket, moving a hand to your eyeglasses, or toying with a pencil.
- * If the situation allows it, focus on the others at a meeting and let them do more of the talking.
- * Psychologists say it's important to look at the person you are talking to. Even if you don't make eye contact, which is best, look at them.

With practice and more self-confidence after a while you won't look nervous even if you are.

When It Comes To Reading, Slow Motion Could Be Better

We have a lot of reading to do, including reports, newspapers, trade magazines, books and newsletters. Do you sometimes wish you had taken a speed-reading course so you could get through it all faster? Don't fret. You probably understand and retain more of what you read than the speed readers do. In his book, *Slow Reading*, author John Miedema says it increases mindfulness. It's fairly well established that speed reading reduces comprehension, while slowing down increases it.



This is not a new idea. In 1887, philosopher Friedrich Nietzsche described himself as a "teacher of slow reading." He had a good point but was working against a trend that faster was better no matter what was being done. Though President John F. Kennedy was renowned for his ability to speed read four or five newspapers every morning, we wonder if he really "read" much. He was probably targeting specific subjects and key words so was able to quickly pick up information he expected to see.

Technology has made this even easier. In a few minutes, we can hopscotch from one Web site to another and find bits of information that pertain to what you are looking for. But now, the slow reading movement is upon us. It's mainly backed up by teachers and college professors who think we are reading too fast (and living too fast) and that we should take our time with a book or an article.

It's a comforting thought so sit back relax and read a good book!



Let us know what you think!!
708-361-1555

Check Out Our New Website!!
SafeElectrical.Com

~EASY HELP~

Do you know someone who needs electrical service? Save this Sheet fill out the information below. Just give this sheet to your friend and tell them to give the paper to the service electrician. We'll Mail YOU a \$25 gift card if they get the work performed!

Name _____

Email _____

How to solve sudoku puzzles

To solve a sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

A Spooky Sudoku

				6	5		3	
	2		1					
6		4		9		5		
1		8			2	3		
5				4				7
		2	3			1		8
		1		2		6		9
					4		5	
	5		6	3				

Go to our NEW website SafeElectrical.Com for the answer key it's under the newsletter section!