



4025 Air Park  
Memphis, TN 38118  
901-363-7720  
1-800-232-6776

106 Ware Street  
Jackson, MS 39208  
601-932-0356  
1-800-824-0356

5800 Jefferson Highway,  
Suite B  
Harahan, LA 70123  
504-733-3531  
1-800-233-6776

3848 Industrial Circle  
Bossier City, LA 71112  
318-746-4358  
1-800-231-6776

## Disney Heroes Word Search

Find the names of the Disney heroes hidden in the puzzle.

F A B R B E A S T H C P D P E G  
T R G V S I M B A C J C R E H Z  
A V A M Y Y Y S J O B I C S M U  
R U C E D A T E H D N A N U Z G  
Z W O O Y I L N L C M I C O H R  
A N O D T T S A E L K V G M K O  
N W I C O M H P D W U N O Y C B  
B F H L I M H G A D A S O E U I  
A K W T R I I H I H I E G K D N  
M R H U L A M S S L K N N C D H  
B Y L I M I M H A G Z A O I L O  
I A P N J G I J E U J Z P M A O  
D S E L U C R E H V Q C U I N D  
M R I N C R E D I B L E D B O B  
L T R A M P N A P R E T E P D G

ALADDIN  
BAMBI  
BEAST  
BUZZLIGHTYEAR  
DONALDDUCK  
HERCULES  
JIMHAWKINS  
JOHNSMITH  
MARLIN  
MICKEYMOUSE  
MRINCREDIBLE  
PETERPAN  
PONGO  
PRINCEPHILIP  
QUASIMODO  
ROBINHOOD  
SHANG  
SIMBA  
STITCH  
SULLEY  
TARZAN  
TRAMP  
WOODY

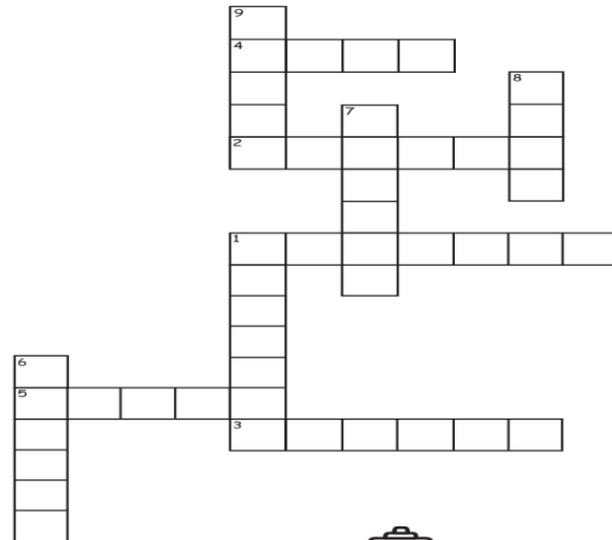
## Fire Safety Crossword

### Across:

1. Have a \_\_\_\_\_ place outside your home.
2. Firefighters drive fire \_\_\_\_\_.
3. Practice fire \_\_\_\_\_ every day.
4. Stop, \_\_\_\_\_ and roll if your clothes catch on fire.
5. Replace the batteries in your \_\_\_\_\_ detectors once a year.

### Down:

1. Never play with \_\_\_\_\_.
6. Know the \_\_\_\_\_ plans for your home.
7. Memorize the fire department's phone \_\_\_\_\_.
8. A firefighter uses a \_\_\_\_\_ to put out a fire.
9. Have an \_\_\_\_\_ light fireworks.



Answers:  
Across: 1. matches; 2. trucks; 3. safety; 4. drop; 5. smoke  
Down: 1. matches; 2. trucks; 3. safety; 4. drop; 5. smoke

IDEAL CHEMICAL & SUPPLY COMPANY



Happy  
Memorial  
Day From  
Ideal!

\*\*\*\*\*  
Company  
Picnic @  
Canale Farms

Saturday,  
June 16th

\*\*\*\*\*

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# Ideal SAFE News

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## Keeping You Safe This Summer

Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. The American Red Cross offers these important swimming safety tips you should be aware of before you head out to the pool or beach:

- ⇒ Swim in designated areas supervised by lifeguards.
- ⇒ Always swim with a buddy; do not allow anyone to swim alone.
- ⇒ Never leave your child unattended by water and do not trust a child's life to another child; teach children to always ask permission to go near water.

- ⇒ Avoid distractions when supervising children around water.
- ⇒ If a child is missing, check the water first. Seconds count in preventing death or disability.
- ⇒ Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- ⇒ Know how and when to call 9-1-1 or the local emergency number.

- ⇒ Enroll in Red Cross home pool safety, water safety, first aid & CPR/AED courses to learn how to prevent and respond to emergencies.
- ⇒ Protect your skin. Limit the amount of direct sunlight you receive between the hours of 10 a.m. and 4 p.m. and wear sunscreen with a protection factor of at least 15 spf.
- ⇒ Lastly, remember to regularly drink plenty of water, even if you're not thirsty. And avoid drinks with alcohol or caffeine in them.



## Falls Can Be Deadly

Falls account for 1 in 10 work-place deaths each year and cause over 30,000 disabling injuries, plus thousands more less serious injuries, such as strains, sprains, and fractures.

Protect yourself from these fall hazards by:

- Wearing proper shoes
- Staying alert—look where you're going, notice what's around you, and eliminate unsafe conditions if you can and report them if you can't

- Walking, not running, and being more careful when you're tired
- Keeping walkways and stairs clear and cleaning up spills promptly
- Being extra careful when working on ladders

If you do fall, remember to

- (1) Bend your elbows and knees so your legs and arms absorb the fall,
- (2) Roll with the fall,
- (3) Defend vital areas—protect your head by tucking it into either collarbone,
- (4) Use the insides of your forearms along with your hands to break the fall, and
- (5) Yell and exhale as you fall.



## To Use Your Extinguisher, Remember to “P.A.S.S.”

**PULL** the pin that unlocks the lever. (Some models have a different type of lever-release mechanism. Know what to do:

- When the fire alarm sounds, everyone should get out of the building and stay out.
- If fire extinguishers are available to fight small fires, know where the closest extinguisher is located.

**AIM** low, pointing the extinguisher nozzle or hose at the base of the fire. Before fighting a fire, be sure that:

- You know how to use the fire extinguisher and it is the correct type.
- Everyone else has left the building and someone has sounded the alarm or called the fire department.
- You have a clear escape route in case you can't put out the fire.

**SQUEEZE** the lever above the handle to discharge the extinguishing agent. To stop the discharge, release the lever. (Some models have a button instead of a lever.)

- It is dangerous to use water or a Class A extinguisher on a fire involving flammable liquids or energized electrical equipment.
- Class D extinguishers require specialized training.
- Class K extinguishers are used for fighting fires in commercial kitchens where combustible cooking oil is used.

**SWEEP** the nozzle or hose from side to side. While moving carefully toward the flames, keep the nozzle aimed at the base of the fire and sweep back and forth.

- The dry chemical discharged from multipurpose extinguishers is corrosive. It can damage electronic components if it is not cleaned up immediately. Do not use an extinguisher on a grease fire.



**PULL**  
**AIM**  
**SQUEEZE**  
**SWEEP**

## How to Get That Second Wind

Feeling run-down? You'll turn up the energy in five minutes if you ...

- **REFUEL** - Snack on fiber-rich munchies such as dried apricots, celery sticks, an apple or a few pistachio nuts.

*BENEFIT:* The fiber will control the release of glucose (a sugar) into your bloodstream and may prevent energy dips.

- **BREATH DEEPLY** - Every 1-2 hours, spend five (5) minutes inhaling and exhaling deeply. It will help you feel calmer, and more mentally focused, with renewed energy.
- **TAKE A VISUAL VACATION** - Close your eyes and mentally escape by imagining a peaceful scene on an island, in a meadow or by the ocean/lake. Seeing yourself relaxed can be rejuvenating.
- **SNAP OUT OF IT** - Splash cold water on your face or pop a breath mint - mint flavors are stimulating.
- **TAKE A “GOOD NEWS” INVENTORY** - At the end of the day, write down all the good things that happened. You'll be surprised at how much went right. Plus, you'll set yourself up for a good night's sleep ... and energize yourself for tomorrow.



## Taking Care of Your Back ...

- ◆ **Lift correctly.** Let your legs power the lift. Bend at your knees, not at your waist, to pick up any object, even something as light as a sheet of paper. Keep heavy items you are lifting close to your body and avoid twisting while lifting.
- ◆ **Sit straight up.** Sit with your back straight. If your chair does not have lumbar support, use a cushion to help support your lower back. Keep both feet on the floor. **Also:** When driving, position your seat so that you can easily reach the controls.
- ◆ **Maintain a healthy weight.** Extra weight, particularly around the belly, can strain your lower back. Lose weight by cutting calories and accumulating at least 30 minutes of moderate physical activity most days (every day is ideal).
- ◆ **Condition your muscles.** Aerobic exercise stretches and strengthens the muscles that support your lower back.

*Other smart moves:* Push rather than pull to move heavy objects; gently stretch before exercise and other physical activities; wear flat shoes or shoes with a low heel and good arch support.

