

the brush up

OCTOBER 2009



October is Fire Prevention Month!

October 4th through October 10th, 2009 is designated as Fire Prevention Week and I'd like to take this opportunity to remind our family and friends of the importance of fire prevention at home, school, and work.

During 2007, U.S. fire departments responded to an unprecedented 399,000 home fires which resulted in over 2,900 deaths. Of these fires, 63% of the homes either had **NO** smoke alarms or had non-working (id: dead batteries, faulty etc) smoke alarms. Smoking-related activities (cigarettes, cigars, pipes etc) is listed as the leading cause of fire deaths in the United States. Unfortunately, nearly 25% of fatal smoking-related deaths are NOT the person that was responsible, through their recklessness, for starting the fire.

Fire Prevention begins...

At Home:

Smoke alarms – check batteries. A good rule of thumb is to change them twice per year when you change your clocks (spring/fall). Check location. Newer homes are regulated by fire codes regarding placement and quantity of smoke alarms. In older homes check with your local fire department for the specific fire code in your area. This will include units on each floor of the house and it is recommended that you locate one in your garage as well.

Evacuation plan – designate two routes of egress from each bedroom. Identify two rendezvous points to meet after evacuating the home to ensure that everyone is out. This plan should be practiced twice each year and discussed more frequently to ensure that everyone understands what is expected of them in the event of a fire.

“Stop, Drop, and Roll” – This is a good exercise to practice with your children outside on the front lawn. Practice this using a blanket to smother the person as well.

Secure sources of ignition – this includes matches, lighters, space heaters, and candles. These should be stored out of the reach of children or properly secured.

Fire inspection – inspect your house for fire hazards including but not limited to: check electrical cords for frayed ends, cuts that expose bare wire; combustible materials near sources of heat/ignition. These sources include portable heaters, furnaces, bench grinders, etc.; inspect your heating system. Make sure that all exterior doors are not blocked and that they allow easy egress.

Escape ladders – Two-story houses with upstairs bedrooms may require the purchase of escape ladders. Review the deployment of these ladders with all members of the family. The length of the ladder needs to take in to consideration any eaves or other structural members that will inhibit you from getting near ground level while using the ladder. Be careful when going over the operation of the ladders as some units are single-use only and are not to be deployed even for training purposes. Depending upon your upstairs configuration, you may require more than one ladder.

Fire extinguishers – appropriately sized and strategically placed fire extinguishers are essential to protecting your home. Multi-purpose (ABC rating) units are readily available at local hardware and general merchandise stores. Go over the operation of each fire extinguisher with every member of the house and ensure that everyone knows where they are located. A good exercise to do with children is to take them outside and let them discharge a fire extinguisher so that they know what it feels, sounds, and looks like.

At School

Fire extinguishers – suggest to your children that they note the location of fire extinguishers in their classrooms.

Fire drills – remind children to pay attention during fire drills to ensure their safety. Remind them that the teachers and office staff have the responsibility of every child's safety and anyone that isn't familiar with the expectations in the event of a fire only compromises everyone else's safety.

At Work

Refer to Long Painting Company's *Fire Prevention* Section in your handbook. This section currently begins on page 56.

Smoking – smoking should be in designated areas only. Each office location and project will establish designated areas and should be posted

Flammable and Combustible materials – all flammable and combustible materials should be properly stored, labeled, and maintained in accordance with respective regulations. Smoking or sources of ignition are prohibited within 50 feet of the storage area.

Fire Prevention Week – Let's all pitch in by helping to focus yours, your family's, and your co-worker's efforts on that second word: PREVENTION. ❖Mike Wilkinson



Electronic Job Files

During the past two weeks in both the Kent and Portland offices, the new electronic job file format project kicked off with training sessions for front line superintendents and other key personnel. This project has been over a year in the making and will provide significant benefits to the operation of our organization. Some of the obvious benefits include the streamlining of documentation flow and storage; standardization of project management; supporting safety and quality control efforts for regulatory and contract compliance; and the ability and the foundation for managing more and larger projects which is critical in the growth of Long Painting. There was very positive feedback along with constructive input from the attendees and we look forward to seeing the benefits from this project in the very near future. If you have any questions, comments, or need training, please contact Denica in the Kent office, 253-234-8050.

Back to Basics

October 15, 2009

4—6 PM

Long Painting Company's
General Safety Meeting

Kent Valley Ice Centre
6015 S. 240th St.

BE THERE

Safety @ Home

October is my favorite month of the year. Fall has officially arrived, and the weather is still pleasant enough to enjoy the changing leaves and watch the salmon run. And what better way to follow up a splendid month than with a day devoted to gathering free candy—in costume, no less!

Make sure October 31st is more Treat than Trick by following some safety guidelines.

In your Yard When decorating, make sure your walkways are clear and your yard is free of anything that kids can trip over. Think about battery operated lanterns in lieu of the traditional Jack O' Lantern candle.

Be Visible Think about attaching reflective tape to costumes. Carry glow sticks, flashlights, and fresh batteries to make sure you are highly visible to traffic.

Go in Groups If your children will be trick or treating on their own, make sure they are in a group, never alone. Even if you plan on walking with them, consider going with other adults and their children. Make it a traveling Halloween party by bringing hot cider in travel mugs to keep everyone warm.



Always WALK Safety rules that apply in daylight are an absolute must in the dark. Don't run. It is harder to see debris or a buckling sidewalk in the dark, or trip over your costume in a crosswalk. Drivers cannot see children lying in the street because they have fallen.

Around the Neighborhood Don't cross through yards; use walkways to avoid tripping over something lying on the ground. Visit only homes with the lights on and clear pathways, and NEVER go to the back of a house to trick or treat. Only accept treats from the doorway—NEVER GO INTO HOUSES.

Carry a spare treat bag in case yours breaks...and always remember to say Thank You! :)

When You Get Home Always look over your children's treats BEFORE they eat any. Throw away any spoiled, unwrapped, or suspicious looking items. Feel free to sample a few that look safe.

Happy Halloween! ❖Cyndi Marks



Dede Hungerford

This month The Brush Up got to know Dede Hungerford. It took a while, between pre-qual and submittal deadlines, but using the futuristic tool called e-mail, we were able to get amazing insight into the life and times of the Kent office's Sales Administration guru.

Congratulations! You have been chosen as the subject of The Brush Up's Employee Spotlight. How does that make you feel?

Like I've won the Lotto!

I've heard rumors that Sue Fauver is more interesting than you. How do you respond to that?

That rumor is totally fabricated. I think Sue made it up!

You're a tennis player. How long have you played? How did you get into the game? I've actually played on and off since I was a kid but got into leagues around 1999. My favorite player is (or was, he is retired) Andre Agassi. I would watch his matches on TV and that got my husband interested in playing. So we took some lessons and haven't quit!

Have you ever threatened to shove a tennis ball down anyone's throat?

I'll leave that nonsense to Serena Williams although I have felt like hitting my husband with my racquet during our mixed doubles matches.

Do you watch football on TV? I do. Yes, GO HAWKS! Eli Manning or Peyton Manning? Eli.

The Manning brothers have starred in a commercial where they say to each other, "It's on like Donkey Kong!" What's your favorite old school video game? What other toys do you remember from childhood? My all time favorite video game was Asteroids. I can't remember any really cool childhood toys because we mostly played outside but when I got an Atari for Christmas one year, that all changed. It was nothing but Asteroids, 24/7.

What's the craziest thing on your bucket list? Swim with dolphins...is that crazy?

Speaking of Bucket List. I haven't seen that movie yet...but what are some of your favorite movies? Do you like movies that are funny, or movies that are dramatic and make you think about something deep like world famine or the plight of an endangered species?

I love all kinds of movies. I love old school scary movies like Halloween, The Exorcist, The Shining, Carrie. Loved Slum Dog Millionaire. I could watch The Matrix over and over. But there are so many, I can't begin to list them all.

We've been talking about dreams around the office lately. What's the most disturbing/weird dream you've had? Probably the most disturbing dream I've had is I was being killed and I actually died in my dream. I should probably cut down on watching Snapped, Forensic Files and scary movies!

What's one thing that we'd be shocked to learn about you? I was in a rock band (only about 1 year). We never made it out of the garage, but hey, it was fun. ❖Cyndi Marks

