



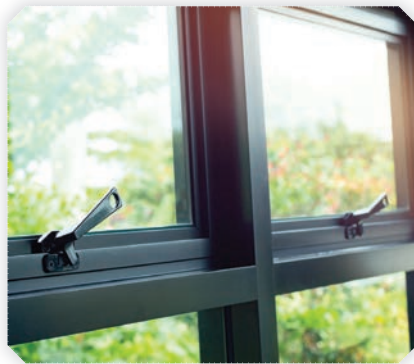


Window Safety Week is April 5 to 11.

# 6 Window Safety Reminders

The U.S. Consumer Product Safety Commission estimates that falls from windows send about 3,300 children, age 5 and younger, to emergency rooms every year. Prevent falls from windows and tragedies by following these tips:

- 1 Install window guards and window stops if young children live or visit your home. Make sure they have a release mechanism in case of emergency.
- 2 Open windows from the top, not the bottom.
- 3 Keep furniture and toys away from windows.
- 4 Remember that screens do not prevent children from falling.
- 5 Keep windows closed and locked when no one is home.
- 6 Inspect windows to make sure they aren't painted or nailed shut.



## SAFETY CORNER

### Gardening Guidelines

Gardening can be relaxing, and it's great exercise. Make sure you indulge your green thumb safely:

**Stay out of the sun from 10 a.m. to 4 p.m.**, if possible, and always use plenty (a shot glass) of broad-spectrum sunscreen with SPF 30. Put it on 20 minutes before you head out. Wear a hat and sunglasses, too.

**Use insect repellent containing DEET** or wear pyrethrum-treated clothing. Wearing long-sleeved shirts, rubber boots and pants tucked in your socks can also protect you against insect bites.

**Wear garden gloves to protect your hands** while gardening. If you are using hedge trimmers, mowers and other machinery, wear safety goggles, earmuffs, sturdy shoes (never sandals or flip-flops) and long pants.

**Follow all instructions and warning labels** when using garden chemicals and equipment.



## DIET SCAMS: Lose Weight, Not Money

With some diets, you could be losing more than weight. When it comes to shedding pounds, health experts agree that the winning strategies include time and patience, coupled with changes in nutrition, physical activity and behavior. Any miracle claims to lose weight are usually false. Often advertisers will lure readers in with false news stories. Some have even gone as far as using logos of legitimate news outlets on websites. These scam artists also pay for positive reviews and alter photos to show dramatic weight loss. How can you protect yourself?

Beware of ads that claim you can:

**Lose weight without dieting or exercise.** Long-term weight control usually calls for a nutritious diet and plenty of physical activity. Solutions that don't include diet and exercise are short-term at best, and cause weight regain.

**Lose weight by using pills, supplements, patches or creams, while doing nothing else.** FDA-approved fat-absorption blockers or appetite suppressants can't help you lose weight on their own; you will still need to eat a special diet and exercise regularly.

**Buyer beware:** The FDA

has discovered hundreds of dietary supplements containing potentially harmful drugs or other chemicals not listed on the product label. Not all are harmful, but be sure to do your research.

**Lose 30 pounds in 30 days.** Losing weight this quickly can harm your health. Plus, you risk gaining the weight back when you quit the diet. A better long-term solution is to learn how to make nutritious food choices, and to add exercise to your lifestyle. This can improve overall health and help you manage your weight.



The Smart Moves Toolkit including this issue's printable download, Play It Safe With Sports, is at [personalbest.com/extras/20V4tools](http://personalbest.com/extras/20V4tools).

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