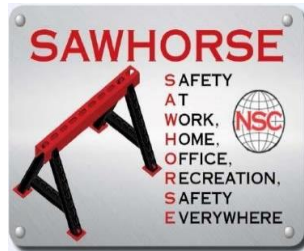




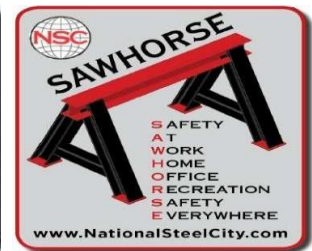
**PIPEFITTERS**



**ELECTRICIANS**



**CARP ~ LAB**



**IW ~ BM ~ OP**

## ***NSC ~ SAWHORSE ADVISORY #10 – March, 2016***

The management of **NSC** is pleased to offer this **SAWHORSE ADVISORY**. This is part of our continuing effort to ensure that our workforce remains as safe as humanly possible, both on and off the **NSC** worksites.

### **Time to Change the Clocks**



Daylight Saving Time begins every year on the second Sunday in March.

Clocks are set forward one hour, except in Hawaii and most of Arizona. This year, daylight saving time begins on Sunday, March 13, 2016.

When you change your clocks, be sure to check the batteries in your smoke alarms and carbon monoxide detectors. Batteries in smoke detectors should be replaced yearly.

It's also a good time to review your family emergency plan, take unwanted or expired medicines to a prescription drop box and update your first aid kit. .

### **Getting the Urge to Clean?**

With the warm weather comes a desire to shine and polish your home. But did you know that 90% of poisonings occur in the home? When warning labels are ignored or chemicals fall into the wrong hands, disaster can occur. Learn what you can do to keep you family safe around poisons in the home.

### **Window Safety**

With warmer temperatures arriving, it's important to practice window safety - especially in homes with young children. Learn about window safety, and Window Safety Week, which is the second full week in April.