

Prepare for Changing Seasons with Safe Home Heating

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WASHINGTON – Just in time for the annual rolling back of clocks marking the end of daylight saving time Nov. 2, temperatures throughout the region are also expected to plummet as cooler autumn weather moves in.

The changing of the seasons and the coming winter also bring annual home safety and preparation reminders.

"The beginning of home heating season is the



perfect time to test and replace batteries of smoke detectors and carbon monoxide detectors," said Naval Support Activity (NSA) Washington Safety Installation Program Director George Revoir in his office's annual safety tips. "Remember that using space heaters and fireplaces can increase the danger of household fires and carbon monoxide poisoning."

According to the Centers for Disease Control and Prevention (CDC), more than 400 people across the country die each year from unintentional carbon monoxide poisoning produced by heating devices such as furnaces, vehicles, generators, wood and coal stoves, lanterns, and gas ranges, among others.

Revoir and the CDC recommend checking or replacing batteries in smoke and carbon monoxide detectors twice annually in conjunction with the beginning and end of daylight saving time, along with monthly checks thereafter.

In the event of a power outage caused by winter storms, using alternative heating sources such as gas ovens or unvented fireplaces leads to many problems, the CDC notes. If you suspect a carbon monoxide buildup or start to feel dizzy, light-headed or nauseous, leave your home and call 911 immediately.

The CDC also outlines guidelines for winterizing homes and vehicles to keep families safe and healthy, as well as save money on utility bills. Such improvements include installation of weather stripping and extra insulation around doors and windows, insulation of water lines running along exterior walls, and cleaning leaves and debris from gutters which may cause leaks.

For drivers, proper seasonal precautions should be taken for vehicles, including using appropriate antifreeze and windshield washer fluid as well as replacing summer tires with winter treads or all-weather tires. The CDC also advises drivers to keep an emergency kit including food and extra clothing in their vehicles in case of being stranded on the highway during bad weather.

For more seasonal safety tips and guidelines from the CDC, visit www.cdc.gov/Features/WinterWeather/. For more news and information from around Naval District Washington, visit www.facebook.com/NavDistWash.