

JUNE 2024



Protective clothing



Annual Meeting Date



Lake safety

## WEAR PROTECTIVE CLOTHING TO AVOID INJURIES WHEN WORKING OUTSIDE

Shorts, t-shirts and sandals may be the smart choice for staying cool outside this time of year, but they offer little defense from the sun's rays, spinning blades, flying debris and other hazards when tackling lawn and garden chores. Every year in the United States, at least 143,000 people are injured while mowing the lawn, cutting branches or power washing a deck. Heat exposure also leads to more than 2,800 illnesses and injuries, according to the U.S. Department of Labor.

Don't dismiss the importance of wearing protective clothing and personal protective equipment when working outside.

- Long pants – Lightweight painter's pants can safeguard legs while offering roomy pockets for carrying tools.
- Long-sleeved shirt – A classic fishing shirt keeps the sun off your arms while also being comfortable.
- Footwear – Sturdy closed-toe shoes with good traction are good for projects involving equipment with blades while lightweight boots that cover the ankles are helpful for gardening.
- Head cover – A classic gardener's hat with a wide brim protects

the head and neck from sun. Consider a hardhat if working on branches above your head.

- Gloves – Flexible fabric gloves with latex undersides work for shoveling or raking. When handling power tools and equipment, wear heavy-duty canvas or leather gloves that fit snugly on your hands.
- Eyewear – Wear polarized protective sunglasses to guard against eyesight damage associated with UV exposure. Eyeglasses or safety glasses are highly recommended when using outdoor equipment that kicks up rocks and debris.
- Ear protection – When used for just 15 minutes per week, gas models of outdoor power equipment can be loud enough to cause hearing damage. Foam earplugs and earmuffs that seal over the ears provide the best protection.
- Skin protection – Apply sunscreen to all exposed skin. Use bug repellent to ward off mosquitoes and ticks.

Before you head out for lawn and garden chores, remember to suit up in the right gear to help keep you safe this summer.



A Touchstone Energy® Cooperative 

## ANNUAL MEETING

Join us June 19 & 20 for the 2024 Annual Meeting at our Elizabethtown office!  
Find details at [www.nolinrecc.com](http://www.nolinrecc.com).

**GENERAC**

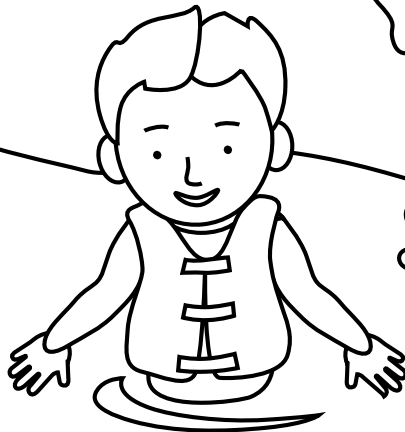
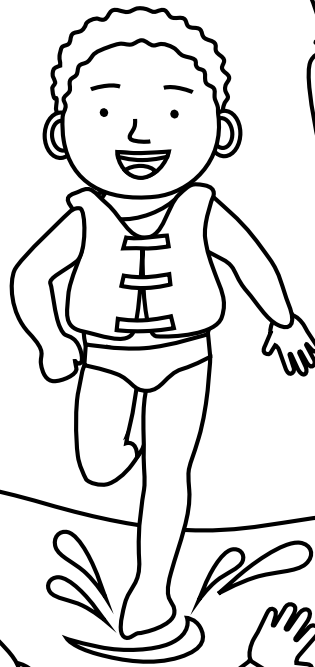
## Prepare with Generac

Interested in purchasing a Generac home standby generator at a discounted rate?

Please let us know at [www.nolinrecc.com](http://www.nolinrecc.com)

## Lake Safety

**SUIT UP**  
Always wear  
a life jacket



**BUDDY UP**  
Never swim alone



**BE ALERT**  
Be aware of currents,  
rocks, debris and boats  
in the water with you

**KEEP AN  
EYE OUT**  
Kids should never go  
near the water without  
adult supervision