

safety lately



A monthly newsletter from A&A Elevated Facility Solutions

Fire Prevention & Emergency Evacuation Procedures

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September is National Preparedness Month—a reminder that emergencies can happen at any time. In janitorial settings, where chemicals, electrical equipment, and enclosed areas are common, the risk of fire is real. Fires can spread rapidly, especially if exits are blocked or emergency procedures are unclear. Proper fire prevention and quick, calm evacuation saves lives, protects property, and ensures business continuity. Being prepared is more than a policy—it's a responsibility we all share.

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- Be alert to common fire hazards: overloaded outlets, damaged cords, improperly stored flammables, blocked exits
- Report any fire hazard to your supervisor immediately
- Always keep fire exits, hallways, and stairwells completely clear
- Know your site's evacuation route and designated meeting location
- Learn how to use a fire extinguisher using the PASS method: Pull, Aim, Squeeze, Sweep
- Participate seriously in all fire drills—they're not just a formality, they save lives

STATS

- The U.S. averages 16,500+ workplace fires annually (NFPA)
- Electrical issues and chemical misuse are top causes in janitorial settings
- Many injuries occur due to panic or blocked egress during evacuations

PREVENTION TIPS

- Never block emergency exits or prop fire doors open
- Store flammable materials away from heat sources
- Keep extension cords in good condition and avoid overloading
- Review evacuation plans regularly with all team members
- Use only UL-listed equipment and tools

Fire prevention is everyone's responsibility. Knowing what to do before an emergency helps

you act calmly and safely. Let's stay prepared—not just for compliance, but for each other.



Fall Prevention: Eat Well

September is National Fall Prevention Month; following a healthy diet, along with proper safety measures, is key to preventing falls. As we age, we want to ensure we keep our bones and joints strong. Physical fitness, in addition to nutrition, is crucial to ensure muscle maintenance and growth. Being overweight or underweight is a risk factor that increases your risk of falling. Consuming adequate calories not only supports healthy body function but also is a protective element for bone and muscle mass.

1. Consume protein and carbohydrate together for each meal/snack. Steady blood sugar levels are key. Start with a solid breakfast to start the day off right. An excellent combination for breakfast: 1 slice whole grain bread, 2 scrambled eggs with/ spinach and a piece of fruit. Or try a fiber-packed breakfast of oats! Mix in your favorite protein sources, such as milk, peanut butter, or nuts! Don't forget the flavor, cinnamon is excellent not only for its delicious taste but also for blood sugar stabilization. Continue to combine protein with a carbohydrate throughout the rest of your day.
2. Vitamin D makes those bones and muscles strong! As we age, we need higher amounts of vitamin D. Luckily, a lot of foods are now enriched with vitamin D. Alternatively, sunlight is also a great source of vitamin D. Ideally, 10-15 minutes a few times a week is enough to provide a good amount of vitamin D.
3. Calcium is vitamin D's best friend; they work hand in hand to keep our bones and muscles strong. Same with vitamin D, as we age, our bodies require higher amounts of calcium. Pro-tip: a lot of calcium-rich foods are fortified with vitamin D, such as milk, yogurt, and orange juice!

APPLE SEASON IS RIGHT AROUND THE CORNER!

Apples are an excellent, nutritious source to pair with a protein (nuts, nut/seed butter, cheese). Due to their nice ratio of soluble and insoluble fiber, apples promote GI regularity. One of my favorite fall snacks that's great for digestive health is sliced apples, a sprinkle of ground flaxseed meal, a sprinkle of ground cinnamon, and a 1-tablespoon drizzle of peanut butter- delicious!

