

Protect your family from carbon monoxide poisoning

WINTER 2012



You've taken an important step and installed a carbon monoxide (CO) detector in your home. What's next? Although a CO alarm alerts you to the presence of danger, it doesn't prevent the deadly gas from harming your family. That part is up to you!

Here are a few simple things you can do to help protect your family from CO poisoning.

- Have a qualified heating dealer, check and clean your heating system regularly, to ensure it is operating at peak efficiency.
- Ensure the blower (fan) compartment door on your furnace is closed properly.
- Clean or change your furnace filter regularly.
- Keep the area around your furnace clean and clear to allow for adequate air intake.
- Check external vents and chimneys for blockages from leaves, snow, bird's nests and other debris.

- Be sure your CO detector is installed properly and is in good working condition.
- Never use outdoor equipment inside the house or in an attached garage. This includes barbecues, camp stoves, propane lamps and heaters.
- Never let a car idle in an attached garage, even with the garage door open.

Symptoms of CO exposure are similar to those of the common flu, including dizziness, nausea, headaches and weakness. As a result, many cases of CO poisoning may be left untreated and unreported during the flu season.

If you suspect CO poisoning, don't take a chance! Call your local emergency services. If you suspect equipment malfunction, immediately turn off the fuel-burning equipment or appliance and call Manitoba Hydro at 1 888 MBHYDRO (1 888 624-9376) for an emergency inspection. It could save your life!

Hamburger Soup

1 lb.	lean ground beef	500 g
1	can (28 oz/796 mL) tomatoes, undrained, chopped	1
1	can (19 oz/540 mL) kidney beans, drained, rinsed	1
1	can (10 oz/284 mL) condensed tomato soup	1
3 cups	water	750 mL
1	medium onion, chopped	1
2	carrots, chopped	2
1/2 cup	chopped celery	125 mL
1 cup	sliced fresh mushrooms	250 mL
1 tsp.	Worcestershire sauce	5 mL
1/4 tsp.	Tabasco sauce	1 mL
1/4 tsp.	freshly ground pepper	1 mL
2 cups	chopped unpeeled zucchini	500 mL

In large stock pot over medium heat, cook ground beef until no trace of pink remains. Drain fat. Add remaining ingredients except zucchini. Bring to boil. Reduce heat. Cover. Simmer 35 minutes. Add zucchini. Simmer additional 10 minutes.

Yield: 8 servings

Additional copies of this publication are available online at: www.hydro.mb.ca/safety_and_education/home/index.shtml



Dealing with a power outage

A Manitoba blizzard can wreak havoc with the power supply. High winds, freezing rain and blowing snow can lead to frozen or downed lines and power outages.

Keep this checklist handy so that you will know what to do in the following situations:

✓ POWER OUTAGE

- Check with neighbours to see if they still have electrical service.
- If the interruption to service is in your home alone, it may be that the main circuit breaker has tripped. Turn off some equipment to reduce the load and reset the circuit breaker. If your power is still off, call Manitoba Hydro to report the problem.
- Use a flashlight instead of candles to avoid fire risk.

✓ DOWNED POWER LINES

- Report immediately any downed wires to Manitoba Hydro or the police.
- Treat all downed lines as if they were energized. Never touch a downed power line or attempt to move one with any type of object.
- Stay clear of low or sagging power lines and keep children and pets indoors.
- Never drive over a downed line.
- Never attempt to repair damaged power lines or remove tree limbs from lines.

Standby for safety

Portable generators provide a good source of emergency power, but if these generators are improperly installed or operated, they can become deadly. These precautions will help keep your family safe:

- Contact a licensed electrician to install the generator to make sure it meets local codes.
- Do not connect the generator directly to household wiring without an appropriate transfer switch installed.
- Make sure the generator is dry and properly grounded.
- Keep children away from the generator at all times.
- Make sure extension cords used with generators are rated for the load, and are free of cuts, worn insulation, and have three-pronged plugs.
- Do not overload the generator. A portable generator should be used only when necessary, and only to power essential equipment or appliances.
- Never operate the generator in enclosed or partially enclosed spaces. It can produce high levels of carbon monoxide very quickly, which can be deadly.
- Use a ground fault circuit interrupter (GFCI) to help prevent electrocutions and electrical shock injuries.
- Make sure fuel for the generator is stored safely, away from living areas, in properly-labeled containers, and away from fuel-burning appliances. Before re-fueling, always turn the generator off and let it cool down.

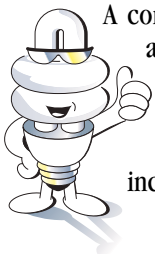
Watch for wires as you push through the powder

With over ten thousand kilometres of groomed trails, great scenery and friendly people, Manitoba is a great province for snowmobiling. Know the rules, whether you are going for an hour, or for several days, so that you can have a safe and enjoyable ride this winter:

- Keep your eyes on the trail ahead, and watch for guy wires around hydro poles. They usually have bright markers, but these might be buried in a drift.
- Stay clear of substations and other hydro facilities.
- Drive at safe and reasonable speeds.
- Stay on trails or in areas where snowmobiling is allowed – do not trespass.
- Know the areas that you travel through.
- Avoid sledding over water, especially near generating stations.
- Listen to the weather forecast before starting out.
- Always wear a certified helmet with goggles or a visor, and warm, properly layered clothing.
- Ride with a friend or in a group, and let someone know where you are going, and at what time you will be back.
- Always carry emergency supplies, and know first aid and survival skills.

CHECK OUR WEBSITE AT
www.hydro.mb.ca
FOR SEASONAL SAFETY TIPS

Shine a light on compact fluorescent lamps (CFLs) and safety



A compact fluorescent lamp, or a CFL, has been designed to use about 75 percent less energy and last up to 10 times longer than an incandescent bulb.

Trademark counterfeiting has reached the electrical sector and this includes CFLs. Although the counterfeit CFL may appear much the same as the genuine product, it is substandard and fails to pass minimum safety tests. Such counterfeit products can overheat or cause short circuits and lead to fire or

shock hazards. Protect your family from counterfeit CFLs by purchasing only those with CSA approval and the government's ENERGY STAR label.

For more information on CFL safety, go to hydro.mb.ca or energystar.gc.ca.