



Every season has its safety issues, and fall is no exception. Here are some helpful September safety tips to help make the fall season safer and healthier for you and your family.

Food Safety

September is National Food Safety Education Month, which is the perfect time to make sure your kids know how to handle food safely. Teach them how to wash their hands properly and put away food before it spoils. It's fun and helpful to make a lot of meals ahead and freeze them for the fall, but be sure to label them properly to ensure that they are eaten in a timely manner.

Fire Escape Plan

With the lowering temperatures of fall come the use of heaters and the danger of household fires. Create a fire escape plan for you and your family, and practice it a few times. Teach your children important safety tips, such as staying low to avoid smoke inhalation and the stop, drop and roll method of putting out fires on clothing.