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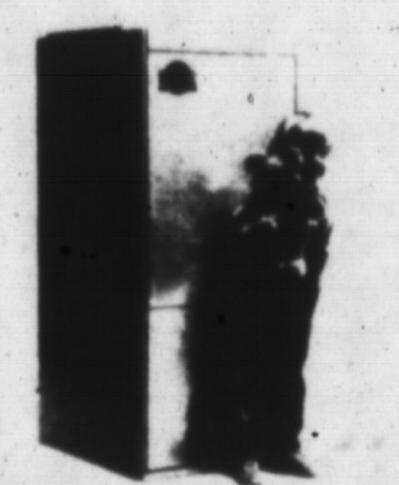
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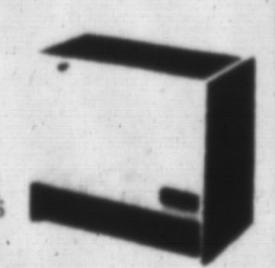
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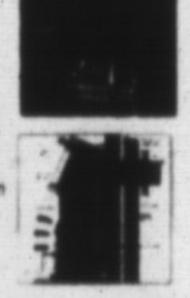
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# Weatherstripping is key to reducing heat loss

A wide variety of materials are available, some of which are more effective and durable than others. Choose a weatherstripping which is easily compressible, bounces back, doesn't shrink and performs well in cold weather. For edge or sliding applications, ensure the material maintains a continuous seal the length of the crack.

Most weatherstripping is sold with its own fastening system. Some are screwed onto the surface, while others have a self-adhesive backing.

The accompanying chart provides information on the types of weatherstripping commonly used for doors, windows and attic hatches. For information on specific brand names, consult the manufacturer's literature or your building supply dealer.

Weatherstripping is the way for

homeowners to reduce heat loss at the movable joints of doors, windows and attic hatches. When properly applied, weatherstripping makes these joints airtight but does not prevent the unit from being easily opened or closed.

Good weatherstripping material should provide a long-lasting and effective seal. Materials and methods of installation vary between different types of doors, windows and attic hatches. When installing the weatherstripping, be careful not to attach it so firmly that the material is distorted. Laying a thin bead of sealant before installing the carrier is often useful. Naturally, rotten surfaces should be repaired before installing weatherstripping. Careful installation will achieve an airtight seal without requiring excessive closing force.

## Types of weatherstripping

	Туре	Durability	Application	Installation	Performance
0	Felt	Low	Face-type Pressure seal	Nailed, stapled	Ineffective
1	Foam, open cell	Low	Face-type Pressure seal	Self-adhesive, nailed, stapled	Ineffective
	Tubular	High	Face-type Pressure seal	Nailed, stapled, screwed	Effective
	Spring-loaded or self-adjusting	High	Face-type Pressure seal	Screwed	Effective
	Rubber, closed cell	High	Face-type Pressure seal	Self-adhesive, nailed, stapled	Effective
9	Spring metal strip	High =	Edge-type Pressure or sliding seal	Nailed, stapled	Effective
8.	Spring vinyl or V-type strips	High	Face or edge- type Pressure or sliding seal	Self-adhesive, nailed, stapled	Effective
1	Polyester or polypropylene pile	Medium	Face- or edge- in type Sliding or sweep-type seal	Self-adhesive, stapled or track	Reasonably
	Magnetic systems	High	Face-type Pressure seal	Self-adhesive, nailed, stapled, screwed	Reasonably effective
	Tape	Low	Face-type	Self-adhesive	Effective

# Home safety check list

Accidents are by definition unexpected events. But with a little planning you could prevent most accidents from occurring in the first place. Why not start with your home?

Here is the "Home Safety Checklist" adapted from St. John Ambulance's "Complete Handbook of Family Health Care". Check the safety of your home by answering yes or no to the following questions:

1. Are your stairs protected by railings, well lit, and free from all objects?	Ć
2. Are all scatter rugs tacked down or skid proof?	
3. Do you check carefully in your rear/side view mirror or behind you before backing your car out of the garage?	
4. Is your yard free from deep holes and ditches?	
5. Do you check your yard for glass and tin cans?	-
6. Do you keep all medicines, cleaning substances, and poisons safely stored away from unsuspecting children and adults?	
7. Are your electrical cords in good condition, and do you use	40 74

8. Are your basement and attic free of oily rags and accumulated papers? 9. Do you have a fire extinguisher handy and do you have it serviced routinely?

a minimum of extension cords?

- 10. Do you turn pot handles away from the edge of the stove, table or counter? 11. Do you keep knives, scissors, and other sharp instruments
- in a drawer or container? 12. Do you keep electrical tools covered when not in use? 13. Do you keep firearms and ammunition under lock and key? 14. Do you check before retiring at night, or before leaving the
- house, that all stove elements are turned to the "off" posi-15. Does your medicine chest or your home contain a first aid kit or an adequate first aid supply?

  16. Do you have adequate lighting, e.g., "nightlights" for safe-
- 17. Is your home well ventilated to avoid a buildup of gases,
- especially if you use a gas range?

  18. Do you always turn off electricity at the main switch before changing a fuse? 19. Do you wear light coloured clothing or use reflective
- flashers on clothing when walking or cycling in the dark? 20. Do you know emergency escape routes to use in case of 21. Is you telephone easily accessible from the floor?

22. Do you have a smoke detector in your home and do you

check it regularly to ensure that it is functioning properly? If you answered Yes to most of these questions, congratulations. Accidents are probably a rarity in your home. If you answered No more times than you care to remember, take the necessary steps to make your home a safe place as soon as possible. It's smart to be prepared.