



TRACKS

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Anniston, Alabama

January 15, 2015

DPW, DEQ crews spend holiday weekends at work

by Jennifer Bacchus

ANAD PAO

'Twas the day after Christmas and all through the shops hardly any employees were moving. You could almost hear pin drops.

The weekends following Christmas and New Year's Day were very productive for two groups of employees on the installation, despite the fact most of the workforce was off for the holidays.

Maintenance crews from the directorates of Public Works and Engineering and Quality were checking their lists twice and marking off all the good things they could accomplish for the installation during shutdown.

The millwrights, crane and rigging crew, electrical shop and support maintenance shop from DEQ as well as the plumbing, air conditioning/refrigeration, millwright and electrical shops from DPW were on the installation in force, ready to perform needed preventative maintenance and make repairs.

"We did more work than we had scheduled," said Greg Hindmon, chief of DEQ's Production Equipment Branch. "During shutdown we always try to attack the issues we can't get to when production is running – the things where we need people out of the building."

Hindmon praised his group, both day and night shifts, for their sacrifices, dedication and hard work during the holidays.

"This is probably one of the best shutdowns we have had in years," said Matt West, supervisor for DPW's electricians.

Both shops were able to tackle a long list of service orders, work orders and other needed repairs including replacing the transformer on a generator test stand (DEQ) and the lighting in numerous shops as well as some of the depot's signs (DPW).

"For the test stand, we assisted the shop for months, helping the equipment limp along



Photo by Jennifer Bacchus

Kenneth Hudgins, right, and Ricky Kelley finalize repairs on a generator test stand in the Nichols Industrial Complex. DEQ's maintenance personnel were busy during the December shutdown making repairs throughout the installation.

until we had the time needed to change out the transformer," said Hindmon, adding the job, which was projected to take four days, took three, thanks to the dedicated DEQ employees.

Randy Freeman, a plumber leader for DPW said much of the work they accomplished could not have been done if production employees had been on the job.

"One project we finished was replacing a four-inch steam valve. It was easier to work on it without the shop's employees present," said Freeman, adding that the scale of the job and the fact the steam to the building would have to be turned off would have made conditions difficult for employees to be in the shop during the transition.

Shutdown periods are vital for most re-

pairs on the installation's steam system.

"This is the only time we can make repairs to our steam system, outside of emergency repairs," said Danny Craft, supervisor for DPW's plumbing shop.

Freeman said the plumbers often use shutdown periods to scan through entire shops, looking for, and fixing, leaks before they become a problem.

Craft praised his employees, saying they do a good job of prioritizing needed work with the production areas ranking as a top priority.

By working through the weekends, when no one was around, these employees, both day and night shift, ensured a more pleasant return to work for the rest of the workforce.

Inside TRACKS

New pay table

A one percent pay raise went into effect this week for employees in the GS pay scale system.

See chart on page 2.

FEHB for term employees

Eligibility information regarding Federal Employee Health Benefits for term employees.

See information on page 2.

Suggestions?

The suggestion program is returning to Anniston Army Depot. Have a way to save the installation money?

See article on page 3.

What to do with the flu

Information from the CDC is provided regarding the influenza virus.

See article on page 5.

CURRENT PAY CHART FOR GENERAL SERVICE EMPLOYEES

SALARY TABLE 2015-RUS

Incorporating the one percent General Schedule increase and a locality payment of 14.6 percent for the locality pay area of Rest of U.S.
For ANAD employees, the increase is effective with the pay period beginning Jan. 11.

Annual Rates by Grade and Step

Grade	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
1	\$ 20,733	\$ 21,426	\$ 22,115	\$ 22,801	\$ 23,491	\$ 23,895	\$ 24,576	\$ 25,264	\$ 25,290	\$ 25,928
2	23,310	23,865	24,637	25,290	25,575	26,328	27,080	27,832	28,585	29,337
3	25,434	26,282	27,130	27,978	28,827	29,675	30,523	31,371	32,219	33,068
4	28,553	29,505	30,457	31,409	32,361	33,313	34,265	35,217	36,169	37,121
5	31,944	33,009	34,074	35,140	36,205	37,270	38,335	39,400	40,465	41,530
6	35,609	36,796	37,983	39,171	40,358	41,545	42,732	43,920	45,107	46,294
7	39,570	40,889	42,207	43,526	44,844	46,163	47,481	48,800	50,119	51,437
8	43,823	45,284	46,745	48,206	49,668	51,129	52,590	54,051	55,513	56,974
9	48,403	50,016	51,629	53,242	54,855	56,468	58,081	59,694	61,307	62,920
10	53,302	55,079	56,855	58,631	60,408	62,184	63,960	65,737	67,513	69,289
11	58,562	60,514	62,466	64,418	66,370	68,322	70,275	72,227	74,179	76,131
12	70,192	72,533	74,873	77,213	79,554	81,894	84,234	86,574	88,915	91,255
13	83,468	86,250	89,032	91,814	94,596	97,378	100,161	102,943	105,725	108,507
14	98,633	101,921	105,209	108,497	111,784	115,072	118,360	121,648	124,936	128,223
15	116,021	119,889	123,756	127,624	131,492	135,360	139,227	143,095	146,963	150,830

Applicable locations are shown on the 2015 Locality Pay Area Definitions page: <http://www.opm.gov/policy-data-oversight/pay-leave/salaries-wages/2015/locality-pay-area-definitions/>

Federal Employee Health Benefits open enrollment for temporary employees

Temporary employees have a 60-day time frame to enroll in a FEHB plan from the date they were notified of their eligibility.

If an employee elects not to enroll during the 60-day open enrollment period, he/she will be deemed to have waived coverage and will not be eligible to enroll in FEHB until the next open season, unless he/she experiences a qualifying life event which allows for enrollment.

A listing of QLE's can be found on the following website: <http://www.opm.gov/healthcare-insurance/life-events/>.

For questions, contact CPAC at Ext. 7860.

Electronic Official Personnel Folder notifications

from ANAD CPAC

An Official Personnel Folder is created when an employee begins federal service and is maintained throughout an employee's career in accordance with the United States Office of Personnel Management regulations. The folder contains human resource records and documents related to you, as a federal civilian employee.

The electronic Official Personnel Folder simplifies an employee's access to their own Official Personnel Folder.

The e-OPF system provides secure, web-enabled access for employees and HR staff members to view e-OPF documents. Employees are able to view only their own OPF through this secure system.

For those employees who have installation e-mail,

the e-OPF system provides a notification each time a document is electronically uploaded into your folder.

The employee will receive an e-mail from: eopf_hd@telesishq.com. Take note that the e-mail address ends with ".com" rather than ".gov" or ".mil."

At first glance employees may think it is not a legitimate e-mail sender, though, in this case, it is from a legitimate sender.



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Ben Williams



Photo by Ben Williams

Participants of the Joint Assault Bridge Industry Day saw an example of Anniston Army Depot's manufacturing capabilities in the form of an Assault Breacher Vehicle they viewed during the Dec. 17 tour of the installation.

ANAD hosts tour of production shops for JAB Industry Day

Defense industry personnel as well as representatives of defense contractors toured Anniston Army Depot Dec. 17 for the Joint Assault Bridge Industry Day.

The tour was held in support of a planned solicitation to procure a hydraulic-powered bridge launcher mechanism for the Joint Assault Bridge. The vehicle is built from a M1A2 chassis and a portion of it will be constructed at ANAD.

Depot reinstates suggestion program

by Barry Smith

ANAD DEQ

The Army Suggestion Program was suspended April 19, 2013, due to budgetary uncertainty.

Since then, Anniston Army Depot employees have not had an effective way to present and implement ideas or receive recognition for their efforts to save the depot and the Army time and money.

With the guidance and authorization of the depot's command group, the Directorate of Engineering and Quality is now implementing a local version of the suggestion program.

Four collection boxes have been placed throughout the installation to collect proposals from the workforce, with more sites to be established.

The initial locations are: Bldg. 141 outside the cafeteria, Bldg. 400 break room, Bldg. 475 break room and Bldg. 31 break room. Submission forms and instructions are available at each of these sites.

We are currently working with the Directorate of Information Management to establish an electronic submission option for those with computer access and we will publicize that information as it becomes available.

In the interim, employees with computer access can complete a DA Form 1045 and e-mail the completed form to DEQ's suggestion manager, Jose Calo. This form can be found on the depot's Intranet under Forms/DA/A1045.

Based upon the implementation, valida-

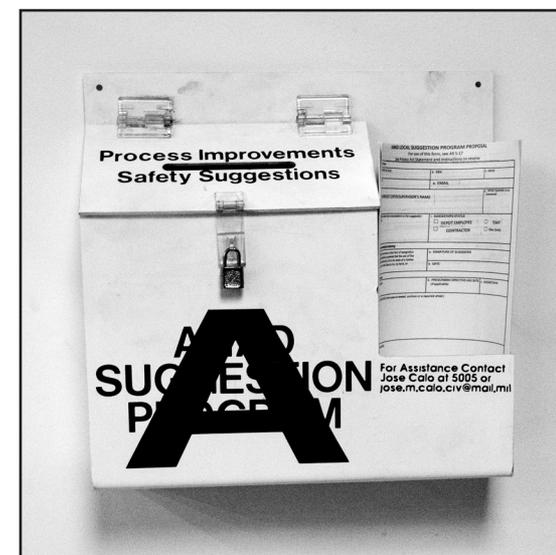


Photo by Jennifer Bacchus

Four collection boxes for process improvement and safety suggestions are located in the industrial area. Suggestions may soon be made electronically.

tion and documented value of the suggestion, the suggester(s) may be entitled to monetary compensation in accordance with the payment schedule outlined in AR 5-17.

If you need assistance with an idea submission or information about the suggestion program, contact Calo at Ext. 5005 or me at Ext. 6869.

Report Suspicious Activity or Behavior

**iWATCH
ARMY**

iREPORT

i KEEP US SAFE

See Something

Say Something

Have information for TRACKS?

Call the Public Affairs Office at Ext. 6281!

Holiday gift reminder:
new tablet or smartphone?
Download preparedness apps: m.fema.gov

Ready.gov #Ready2015 AMERICA'S **PrepareAthon!** Ready

MARTIN LUTHER KING JR. HOLIDAY IS JAN. 19

Observing MLK holiday by serving communities

by Zakiya Mabery

ANAD EEO Office

Remember! Celebrate! Act! A Day On...Not A Day Off is the official theme for the Dr. Martin Luther King Jr. holiday this year.

We **remember** King, who was a Baptist minister and a social activist who led the Civil Rights Movement in the United States.

It is important to emphasize the sincere appeal King made to all men and women from all faiths, races, nationalities and socio-economic backgrounds to embrace freedom and justice for all.

Well over 50 years after the March on Washington D.C., Americans are again taking to the streets to protest racism.

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. Hate multiplies hate, violence multiplies violence and toughness multiplies toughness in a descending spiral of

destruction," King passionately stated in his Strength to Love speech in 1963.

King believed in protesting perceived injustices and his philosophy was non-violence.

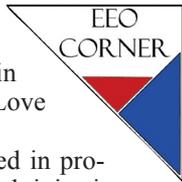
He lived and taught the essential ingredients of active non-violence until the day he died.

In 1986, Dr. *Martin Luther King Jr.* Day was established as a U.S. federal holiday. It is observed on the third Monday of January each year, around the time of King's birthday, Jan. 15. This year we **celebrate** the holiday on Jan. 19.

Individuals are encouraged to **act** in honor of King's legacy by using their day off work to volunteer in their communities and enhance the lives of others.

Support can bridge social barriers to equality and inclusion for diverse groups.

So...what are your plans for Jan. 19?



What is MLK Day of Service?

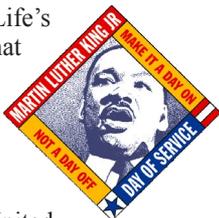
from the Corporation for National and Community Service

Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is: 'What are you doing for others?'"

Each year, Americans across the country answer that question by coming together on the King Holiday to serve their neighbors and communities.

The MLK Day of Service is a part of United We Serve, the President's national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems.

Share your plans and share your project's impact after MLK Day. You can share your story on Serve.gov, on the MLK Day Facebook page at www.facebook.com/mlkday, or by sending an e-mail to MLKDay@cns.gov. Stories will serve to highlight the many ways Americans are honoring King through service, improving lives and making a difference in our communities.



ANAD employees serve others throughout the year

by Jennifer Bacchus

ANAD PAO

Though Doris Askew always has the third Monday of January off, she celebrates Martin Luther King Day, in a way, all year long.

While raising her two oldest children, Askew would take trips to Atlanta, enabling her children to visit historic sites from the Civil Rights era.

The two oldest are now in their late teens and early twenties and Askew is learning a new approach to Civil Rights, thanks to her youngest, who is now six.

"The new generation has grown up with a brown president," she said, using a term her son taught her.

Askew's son, after overhearing her talk about being black, brought her two crayons - a black and a brown - and showed her they were, in fact, brown.

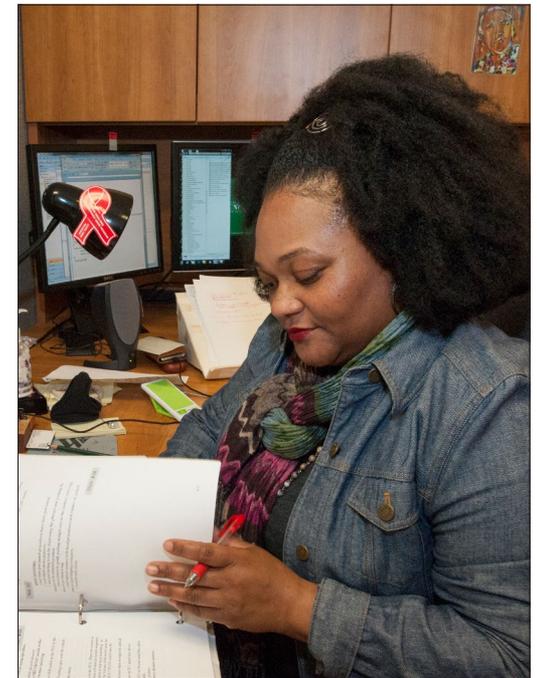
"I couldn't argue with that," said Askew.

In addition to talking about the Civil Rights era and visiting its important places throughout the year, Askew and her family also make a habit of serving their community.

She particularly leans toward organizations which help those who lack access to nutritious food.

"We are a blessed society," she said.

Askew and her family assist with food donations at church and donate regularly to various



Photos by Jennifer Bacchus

Doris Askew has made Civil Rights and giving back to the community a family affair.

charitable organizations who send money to, or assist with, water and food in developing nations.

For Tommy Carlisle, his volunteer time and charitable donations revolve around children.

For many years, he coached football through the Coosa Valley Football Association and he regularly donates to Toys for Tots, the depot's Christmas Cheer program and other groups who work with and for children.

"I've always had a kind heart and wanted to help people, especially those who can't help themselves," said Carlisle.

Like Askew, he shares his spirit of giving with his family.

During the last several years, when his family got together for Christmas, members would bring new, unopened toys to the gathering. After their festivities, they brought the toys to the Lincoln Police Department for their toy program.

He also views MLK Day as not just a single day holiday, but a perspective to have throughout the year.

"He gave his life to change the face of America," said Carlisle of Martin Luther King, Jr. "It is very moving to me to remember the extraordinary work he did and to honor his sacrifice for this country."



Tommy Carlisle's volunteering and donation activities revolve around children and those who can't help themselves.

The flu: What to do if you get sick

from CDC.gov

How do I know if I have the flu?

You may have the flu if you have some or all of these symptoms:

- fever*
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

*It's important to note that not everyone with flu will have a fever.

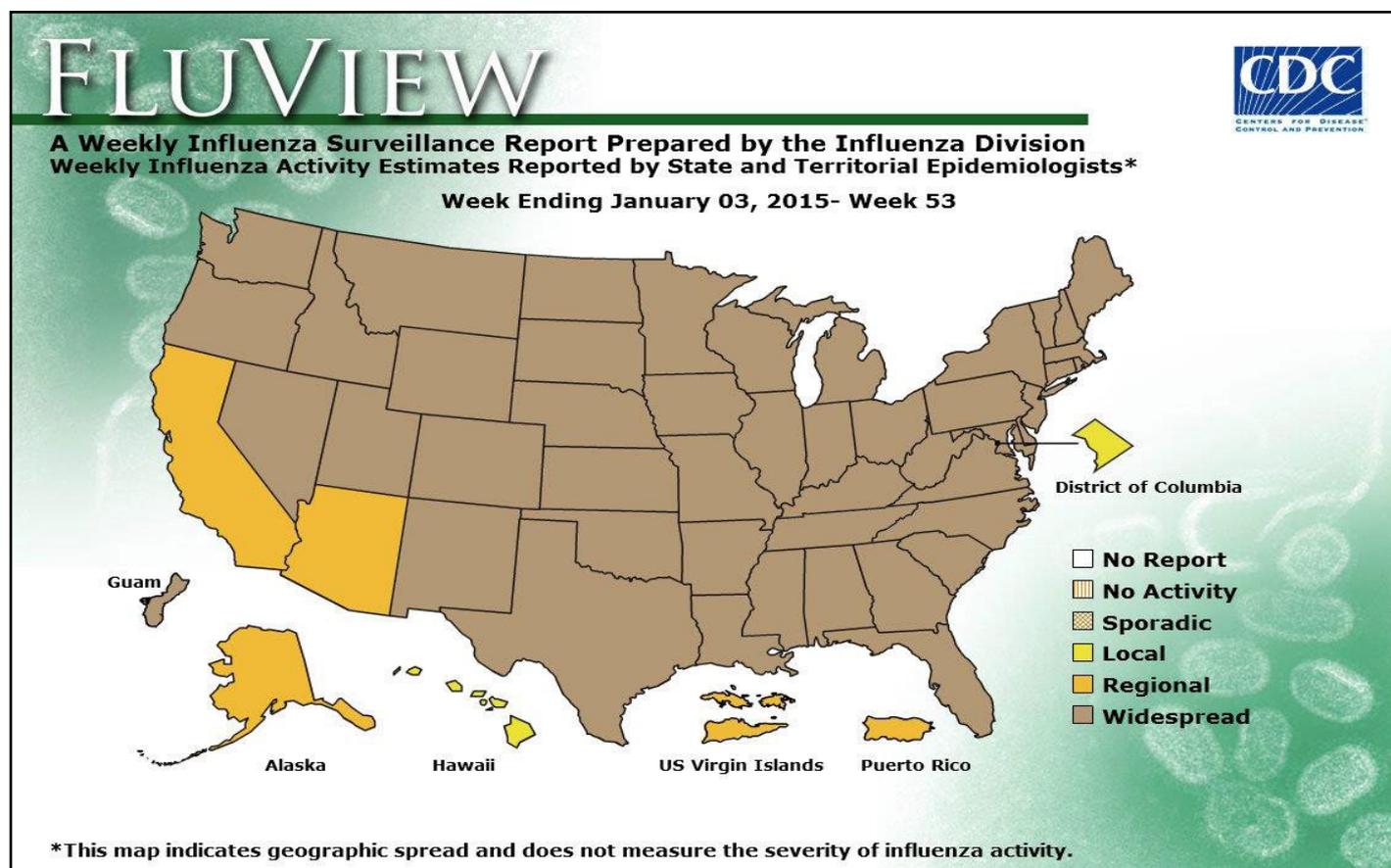
What should I do if I get sick?

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of flu and are in a high risk group, or are very sick or worried about your illness, contact your health care provider (doctor, physician's assistant, etc.).

Certain people are at high risk of serious flu-related complications (including young children, people 65 and older, pregnant women and people with certain medical conditions) and this is true both for seasonal flu and novel flu virus infections.

For a full list of people at high risk of flu-related complications, see http://www.cdc.gov/flu/about/disease/high_risk.htm.



[cdc.gov/flu/about/disease/high_risk.htm](http://www.cdc.gov/flu/about/disease/high_risk.htm).

If you are in a high risk group and develop flu symptoms, it's best for you to contact your doctor. Remind them about your high risk status for flu.

Health care providers will determine whether influenza testing and treatment are needed. Your doctor may prescribe antiviral drugs that can treat the flu. These drugs work better for treatment the sooner they are started.

Do I need to go the emergency room if I am only a little sick?

No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill.

If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it.

What are the emergency warning signs of flu sickness?

In children: Fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, not waking up or not interacting, being so irritable the child does not want to be held, flu-like symptoms improve but then return with fever and worse cough and fever with a rash.

In addition to the signs above, get medical help right away for any infant who is unable to eat, has trouble breathing, has no tears when crying and has significantly fewer wet diapers than normal.

In adults: Difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting and flu-like symptoms that improve but then return with fever and worse cough.

Are there medicines to treat the flu?

Yes. There are drugs your doctor may prescribe for treating the flu called "antivirals." These drugs can make you better faster and may also prevent serious complications. See <http://www.cdc.gov/flu/>

http://www.cdc.gov/flu/about/disease/high_risk.htm for more information.

How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine. You should stay home from work, school, travel, shopping, social events and public gatherings.

What should I do while I'm sick?

Stay away from others as much as possible to keep from infecting them.

If you must leave home, for example to get medical care, wear a face mask if you have one, or cover coughs and sneezes with a tissue.

Wash your hands often to keep from spreading flu to others.

Visit the Taking Care of a Sick Person in Your Home guide for more information at (<http://www.cdc.gov/flu/homecare/index.htm>).



Courtesy photo

The CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities.

Home radon testing every two years recommended by EPA

from ANAD Safety Office

Radon is a colorless, odorless and tasteless radioactive gas occurring naturally in most rocks and soil.

It is produced by the breakdown of uranium in soil, rock and water.

Radon is harmlessly dispersed in outdoor air, but, when trapped in buildings, can increase the risk of lung cancer, especially at elevated levels.

In Alabama, 15 counties have been identified as having the highest potential for elevated radon levels. They are Calhoun, Clay, Cleburne, Colbert, Coosa, Franklin, Jackson, Jefferson, Lauderdale, Lawrence, Limestone, Madison, Morgan, Shelby and Talladega.

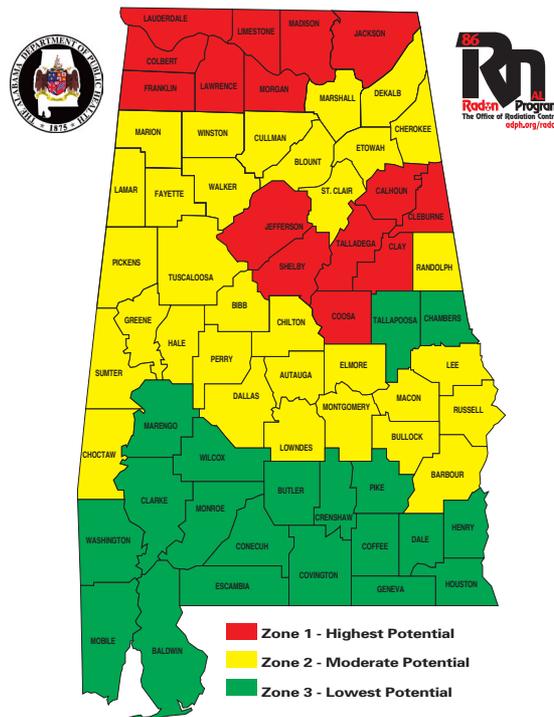
Radon gas in the indoor air of Alabama homes poses a serious health risk. According to Environmental Protection Agency, radon is the second leading cause of lung cancer. More than 21,000 Americans die of radon-related lung cancer every year. About 2,900 of these deaths occur among people who have never smoked.

Millions of homes have an elevated radon level. If you also smoke, your risk of lung cancer is much higher.

The EPA recommends testing your home for radon every two years and retesting any time you move, make structural changes to your home, or occupy a previously unused level of a house.

If you have a radon level of 4 picocuries per liter of air (pCi/l) or more, you should take steps to remedy the problem as soon as possible.

Alabama Radon Zones



For more information, you can download and read A Citizen's Guide To Radon: The Guide To Protecting Yourself And Your Family From Radon at <http://www.epa.gov/radon/pdfs/citizensguide.pdf>.



Photo by Jennifer Bacchus

Adopt-a-School principal tours ANAD

Michael Maniscalco, the principal of Coldwater Elementary School, which is Anniston Army Depot's Adopt-a-School, toured the installation Dec. 18 to see the workforce and view various processes within the Nichols Industrial Complex.

fmwr happenings

from DCFA

Employee Assistance Program

The Employee Assistance Program allows all Anniston Army Depot and tenant employees to receive assistance with personal issues that may be, or could cause, a work performance issue.

The ANAD Employee Assistance Program is staffed with individuals trained to identify and offer intervention for a variety of issues to include alcohol abuse and drug use, health related problems, marital, family, emotional, behavioral, financial and other issues that may interfere with employee productivity.

To make an appointment with the Employee Assistance Program call Ext. 3182. Please be sure to notify your supervisor of the appointment prior to attending.



Dining facility info and hours:

Nichols Dining Facility

Breakfast: 8-9:30 a.m.
Lunch: 11 a.m.-12:30 p.m.
Menu Line: 256-235-6368
Phone: 256-235-7127

Java Café East

Hours: 7 a.m.-1 p.m.
Phone: 256-240-3526

DeSoto Pastime Center

Lunch: 11 a.m. to 1:30 p.m. Monday through Friday. For to-go orders, call 256-235-7160.

Socialize: Monday and Tuesday evenings from 3:30-8 p.m., Wednesday and Thursday from 3:30-10:30 p.m. and Friday from 3:30 p.m. to midnight.

Big Bingo: Bingo with a \$1,000 progressive jackpot is played each Thursday at 6 p.m.

Electronic Bingo: Bingo is played daily starting at 3:30 p.m.

For more information on events, contact the DeSoto Pastime Center at 256-235-7160.

Need a recycling bin for your work area?

Call Ext. 6838!

notes from around the TRACKS

Combined Federal Campaign

The grand total for this year's Combined Federal Campaign efforts reached \$\$195,786.12. The difference these donations will make in the lives of those who need is immeasurable. Thanks for opening your hearts.



Watch The Morning Show

The Morning Show airs live every other Wednesday at 7:05 a.m. on Local Area Network channel 21.

If you have a topic or content you would like to see on The Morning Show, contact the Public Affairs Office at Ext. 6281.

If you are unable to catch the live broadcast, there are two ways you can tune in.

Computer users may view the show on IPTV.

It can also be seen on LAN channel 21 during these rebroadcast times:

Wednesday: 10:30 a.m., noon, 2 p.m., 4:30 p.m., 10 p.m., midnight and 2 a.m. (Wed. night/Thurs. morning)

Thursday/Friday: noon and 10 p.m.

Be sure to tune in for these upcoming shows:

Next show: Jan. 21: The selection process will be discussed by the Equal Employment Opportunity Office's Mariah Armstead and Vivian Henry from the Civilian Personnel Advisory Center.

Additionally, Barry Smith will join the Morning Show staff to discuss the installation's new suggestion program.

Feb. 4: Depot Commander Col. Brent Bolander will have his town hall meeting during The Morning Show. Tune in to receive current information on workload and other topics relating to the installation and its workforce.

Office 2013

DOIM has begun to push a Department of the Army mandated update of Microsoft Office 13 to the computers around the installation.

As each area is upgraded, DOIM will make contact through the directorates to schedule any down time, should it be required. If users experience difficulties, call the Help Desk at Ext. 4357.

Questions for Town Hall

On Feb. 4, depot commander Col. Bolander will hold a town hall meeting live at 7:05 a.m.



The meeting will be broadcast from Bldg. 123, the depot's training auditorium.

Employees with questions and/or topics they would like addressed during the town hall should send them to the Public Affairs Office via e-mail to usarmy.anad.tacom.list.publicaffairs@mail.mil, pouch mail to PAO in Bldg. 7 or call Ext. 6281.



Visit Anniston Army Depot on social media:

<https://www.flickr.com/photos/101336510@N02/>

<https://www.facebook.com/AnnistonArmyDepot>

<https://www.facebook.com/AnnistonMunitionsCenter>

<https://www.facebook.com/ANADFMWR>

TRACKS renewal form



In adherence with Army Regulation 25-51, an annual, written request must be on file for each off-depot individual receiving a printed copy of TRACKS. If you receive TRACKS in the mail and wish to continue, please fill out the information requested below and send it to the Anniston Army Depot Public Affairs Office no later than March 13, 2015.

This information may be sent via e-mail to usarmy.anad.tacom.list.publicaffairs@mail.mil, via fax at 256-235-4695 or may be mailed to Anniston Army Depot, Attn: TAAN-SCO, 7 Frankford Ave., Anniston, AL 36201-4199.

Please print clearly. Note that mailed copies of TRACKS are only available to those who do not have access to copies distributed on Anniston Army Depot.

For those on the installation who do not have regular computer access, you may fill out this form to have an electronic link to the newspaper sent to a personal e-mail address.

Name: _____ Phone: _____

For TRACKS via e-mail, the e-mail address: _____

For TRACKS via mail, your address:

Thank you for your readership of TRACKS!

PUT A ON **FREEZE** WINTER FIRES

Home fires occur more in winter than in any other season. As you stay cozy and warm this winter season, **be fire smart!**

Have a qualified professional clean and inspect your chimney and vents **every year.**

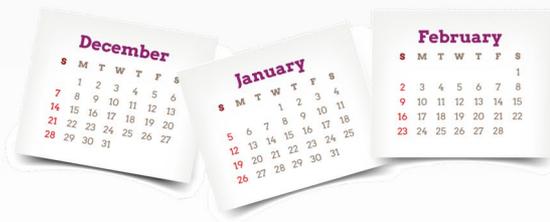


Store cooled ashes in a tightly covered metal container, and keep it outside at least

10 feet

from your home and any nearby buildings.

Half of all home heating fires occur in the months of



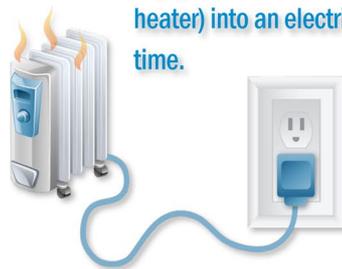
Keep anything that can burn at least

3 feet

from any **heat source** like fireplaces, wood stoves, radiators, or space heaters.



Plug only **1 heat-producing appliance** (such as a space heater) into an electrical outlet at a time.



Keep portable generators outside, away from windows, and **as far away as possible from your house.**

Install and test carbon monoxide alarms at least **once a month.**



Have a qualified professional clean and inspect your chimney and vents **every year.**



Store cooled ashes in a tightly covered metal container, and keep it outside at least

10 feet

from your home and any nearby buildings.

For more information on how to prevent winter fires, visit www.usfa.fema.gov/winter/ and www.nfpa.org/winter/

