

May Flowers are Finally Here!

A WISER, SAFER CHOICE!

NORTHSTAR ELECTRICAL SERVICES

PENNSYLVANIA * NEW JERSEY * DELAWARE

FREE DINNER

Respond to this email and we will enter you in our drawing for a \$50 gift card to your choice of restaurants or other gift card choice*. Good luck!

Congratulations to April's Winner:

Kay DeLorenzo
Illumetek Corp

Respond by May 15th to be entered.

* PF Chang's, Maggiano's, Chili's, Cheesecake Factory, The Capital Grille, Legal Seafood, Season's 52, California Pizza Kitchen, Ruth Chris's Steakhouse, Flemings Prime Steakhouse, Home Depot, Barnes & Noble, Nike, Zappos.

Happy birthday to Liz & Justin!



Northstar will be **closed Monday, May 27th** in remembrance of those who gave the ultimate sacrifice. Have a safe Memorial Day!



CPR and First-Aid Certification

As many of you know, we at Northstar are always striving to better our knowledge of how to keep ourselves as well as those around us safe. Being out in the construction field and even in malls, a lot can happen in a day. Recently Northstar had all of its



technicians and office staff become CPR and First-Aid Certified.

In order to complete the certification through the American Red Cross, each employee had to complete an online course explaining how and when CPR should be performed. After each of us completed the online course we then had to complete a face to face, in person demonstration. In this demonstration we were instructed on exactly how to perform CPR, including the proper techniques for chest compressions and breathing.

The course also included basic first-aid training, which taught us how to bandage a wound and help with burns. We also learned the proper way to perform the Heimlich maneuver on someone who is choking.

The most important take away from the course was to remember to always call 9-1-1!

If you are interested in taking a course please click the link below.

[Red Cross Classes](#)



Outdoor Safety Tips

The weather is finally warm again and it's time to get back outside! Along with summer adventures come a few hazards to be aware of and we can all use a reminder every now and then:

-some school years end in May—be wary of more kids playing outside while you are driving!

-when you are out and about if you see a dog or your child sees a dog, always ask the owner first before you pet! You never know if the dog may be skittish or unfriendly. Same goes for letting your own dog greet other dogs! It's much better to be safe than sorry.

-always remember to put your SPF on 30 minutes before going out into the sun and reapply often (especially after swimming)

-wear sunscreen even if it looks cloudy outside! Most of the sun's burning rays go right through the clouds.

-keep your kids and pets outdoor time to a minimum when it's above 90 degrees and humid

-make sure you up your fluids during summer—it's easier than you might think to get dehydrated

-never leave children or pets alone in the car even if just for a minute! You never know what could happen that might prolong your return to the car and heat stroke sets in quickly during the summertime. Kids also may be able to set the car in motion while you are away or get injured playing with other controls in the car.

-always supervise children when they are in and around water. It's a good practice to have children wear life jackets even if they are just playing on the dock

-if you spend time in boats, learn about boating safety. It's best to drive defensively especially on crowded holiday weekends

-window screens can keep bugs out but they cannot keep children in—move furniture or anything else a child can stand or climb on away from the windows

-wear long sleeves and pants in wooded areas or fields with long grass and remember to check yourself for ticks at the end of the day

-if you go hiking, make sure you wear proper gear and are physically prepared for the trail you intend to hike. If going solo, it's a great idea to let someone know where you are going and when you should be home

-keep a fire extinguisher near your grill for emergencies

-while it may be tempting to eat fresh fruits/veggies while you are outside picking the vines, it's always best to wash it first and if you don't know what it is—don't eat it!