

THE BUZZ...News You Can Use

JUNE 2024

Published by your Restoration Hero!

SAFETY FIRST DURING A DISASTER

If your home or business is affected by fire, flood, storm or biological contamination, your first instinct may be to minimize the damage. This is understandable, since so much of your life is tied up in the places you live and work. However, this natural reaction could prove costly or even deadly.

As difficult as it may be in the heat of the moment, we must remember safety first. Some common hazards in a water or fire damage situation are slip and fall, compromised or unstable structure, electrical hazards, gas leaks and biological contamination. If your home or business should ever suffer a disaster, use the following suggestions to avoid injury, illness or worse.

Slipping and falling is the most common cause of injuries. When water enters a building from a storm, plumbing failure or fighting a fire, it presents a hazard to people walking in and around the affected areas. Walking from wet carpet onto hard surface flooring is a common example. Just a small amount of residual water on your shoes can make a hard surface floor

See "SAFETY" on next page

Need a HERO?

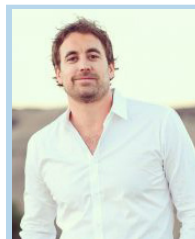
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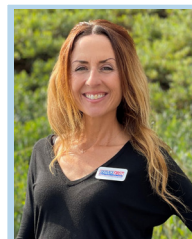
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We are the #1 Restoration **HERO**
servicing your Industry!

We are your Restoration Heros!



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SAFETY continued from page 1

slippery and dangerous. It is best to stay out of the affected areas if possible. If that is not an option, soak up any small puddles that you can. Walk slowly and carefully from carpet to hard floors. Post warning signs. Use absorbent mats where possible.

Electricity and water are a dangerous combination. If water enters an electrical panel, switch or outlet, electrical current can "leak" out to the surface and present a serious shock hazard. Pools of standing water are always especially dangerous.

Appliances sitting in pooled water can leak electrical current into the water. Standing in that water and touching any conductive material could result in a serious shock. Stay away from deep standing water and let the professionals deal with turning off the power.

Drywall loses its strength when it becomes wet. Saturated drywall

ceilings present a major safety hazard. The ceiling may look fine and then suddenly fall without warning. If the ceiling is sagging, assume that a collapse is imminent and stay out of the area. Leave it up to the professionals to drain and remove the ceiling safely.

Water from unsanitary sources can carry biological contamination, creating a serious health risk. This is obvious with a sewage backflow, but it can also be a factor in other water sources. Water that runs over the ground, has been standing for over 48 hours or from other sources like aquariums contain a significant degree of contamination and have the potential to cause sickness or discomfort through physical contact or accidental ingestion.

Simply touching your eyes, nose or mouth could invite bacteria and some viruses to cause illness. Avoid contact with all

unsanitary water. If you do contact contaminated water, wash all skin exposed to the water. If it is splashed into your eyes, repeatedly flush with water for 15 minutes and seek medical attention.

Other hazards such as gas leaks, carbon monoxide, chemicals, toxic materials such as asbestos and lead, weakened structural materials and possible exposure to mold or other pollutants could harm occupants and workers.

Your home or business is important, but not as important as your health and safety.

ServiceFirst, Your Restoration Hero invests not only in technical training, but safety training as well. When you call us, you can be assured that we will handle your disaster restoration in a safe and healthy manner. We are always happy to help,

The Good Life



Good Clean Funnies

Why didn't the quarter roll down the hill with the nickel?

Because it had more cents.

Are monsters good at math?

Not unless you count Dracula.

What does every birthday end with?

The letter Y.

What goes up but never comes down? Your age.



This recipe for Greek-style chicken was passed down through my family for years. If you're looking for great-tasting, tender chicken breasts, you'll want to try this!

Ingredients

- 4 skinless, boneless chicken breast halves
- 1 cup extra virgin olive oil
- 1 medium lemon, juiced
- 2 teaspoons crushed garlic
- 1 1/2 teaspoons black pepper
- 1 teaspoon salt
- 1/3 teaspoon paprika

Prep Time: 10 mins

Cook Time: 10 mins

Additional Time: 8 hr

Total Time: 8 hrs 20 mins

Servings: 4

Greek-Style Garlic Chicken Breasts

Directions

Cut three slits in each chicken breast to allow marinade to penetrate. Place chicken into a large bowl.

Whisk oil, lemon juice, garlic, pepper, salt, and paprika together for about 30 seconds. Pour over chicken; use your hands to work marinade into chicken. Cover and refrigerate, 8 hours to overnight.

Preheat an outdoor grill for medium heat and lightly oil the grate.

Cook chicken on the preheated grill until meat is no longer pink and juices run clear, 10 to 12 minutes, flipping halfway through. An instant-read thermometer inserted into the center should read at least 165°F.

Recipe courtesy allrecipes.com

Sanctuary, Self-Care and Sustainability OUTDOORS



Over the past several years, our backyards have become more than spaces for barbecues. They're sanctuaries to decompress and gather safely with family and friends to celebrate life's special moments.

With self-care an increasing priority, it's no surprise that creating a sense of sanctuary tops the list of trends. Here are four trends poised to shape the way we live, unwind and entertain in your own backyard:

Restorative Retreats - Connecting with nature is critical for humans, and a backyard area can play a major role in promoting both mental and physical well-being. Creating a restorative backyard retreat can be as simple as turning a cozy corner into a reading nook or transforming a deck into a tranquil space for yoga or meditation. Simple additions, like fencing, privacy screens or lattice, can enhance a sense of sanctuary and luxury.

Natural and Neutral - Homeowners are embracing a more minimalist palette, opting for cleaner lines and materials that create a harmonious and modern outdoor ambiance.

Sustainable Selections - People are more conscious of their environmental footprint and want to create outdoor spaces that last without leaving a damaging impact. Native plantings, pollinator gardens, storm water captures and zero-scaping are all gaining popularity. Likewise, demand for eco-friendly materials is on the rise. Composite decking made from recycled and reclaimed materials is an ideal choice for today's eco-conscious homeowners.

DIY: Design It Yourself - Today's homeowners have access to an endless array of online tools, cost calculators and expert guidance, making planning, designing and building your dream outdoor space easier than ever. Remember, DIY doesn't mean doing it alone. No matter your experience level or where you are in the process, there are plenty of tools, guides and resources available at your fingertips to help turn your outdoor vision into a sanctuary.

Finding the Right Summer Camp Made EASIER

Finding the perfect camp experience for your kid this summer doesn't have to be daunting with these top considerations.

1. Your child's interests - Include your child in the process. Decisions about camp are family choices and should be a joint venture.

2. Accredited camps - Look for a day or overnight camp that is accredited by the American Camp Association (ACA). When a camp is accredited, it means they've gone through a thorough, voluntary process that supports the health and safety of all campers and staff.

3. Your child's needs - Understanding the strengths in a camp's programming may help you make a choice. Most camps prohibit kids' access to technology or the Internet. Talk to your child about this before registering.

4. Staff training - Ask questions! What kind of training do counselors receive? What types of screening do they require? What is the counsel-

or-to-camper ratio? What are the ages of staff?

5. Camp philosophy, policies and procedures - Many camps focus on character-building skills that help kids to be successful adults. Ask camp directors about communication policies, such as how they handle homesickness, behavior and disciplinary problems?

6. Length and location - Location can be a major factor in choosing a camp. Do you want a camp close to home or in another state? Think about the length of the camp session.

7. Camp provisions - Consider activities, food, lodging and other offerings to decide the right fit for your child.

8. Certified camp finder tools - Talk to friends, neighbors, relatives, etc. Still not sure where to begin, ACA's Find-a-Camp tool is a free resource with an extensive directory of summer and year-round camp programs. You'll also find resources for financial aid, camp scholarships and more.



Finding the right summer camp for your child doesn't have to be overwhelming. Take the time to explore these game-changing strategies to find the perfect summer camp match for your child.



Advancing Your Skills in Today's JOB Market

The 2023 LinkedIn Workplace Learning report claims skill sets for jobs have already changed by around 25% since 2015. By 2027, this number is expected to double. So how can working adults continue to acquire the skills they need to support their career goals?

If you are thinking about furthering your education and skills to help advance in your career, here are some questions to consider:

What is your goal? Decide what type of education will help you achieve your goal: Do you need a specific program? Would a certificate suffice? Would a certain credential further your career? What type of program is most achievable, and where will you get the most support?

What type of program is best for working adults? If you plan to work full time while earning a degree or credential, look for an online or hybrid program with flexibility that offers

support for working adults. Ask your employer for the time and flexibility you need to complete an education program.

If you have prior work or learning experience, research whether you are eligible for credit for prior learning (CPL).

Will your employer support you? Many employers offer tuition assistance programs. Talk to your employer about what may be available to you and how furthering your education may help you advance in the organization.

Amid a rising expectation of skill levels for employees, it can be important to seek out continuing education opportunities-both inside and outside of a traditional classroom.

Utilizing the unique approaches above, such as online or hybrid learning, CPL, and tuition assistance programs, can make advancing your skills less intimidating and more attainable.

You've probably heard about "the skills gap"-the disparity between the skills an employer expects employees to have and an employee's actual skills. Perhaps you feel that you lack certain skills to advance in your own career.

BPT Original article by Andrea Backman, President Strayer University

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Upcoming Events... *Don't miss out!*

June 25th from 12-1pm
Restoration 101

*The Good, the Bad & the Ugly of
Water, Mold & Fire Clean Up*

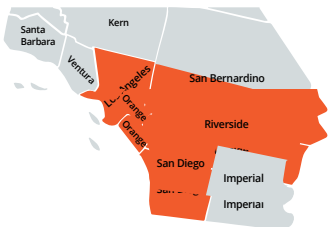
Register at callservicefirst.com/events

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COMMITMENT

Save Time – Save Money Make your life easier!

- 5-Star communication through frequent job status emails
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- One-Stop-Shop w/ free evaluations
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TRANSPARENCY

Our **Transparency Promise** is one of our most unique and powerful benefits.

Our password protected job portals allow you instant access to job status, notes, photos and more.

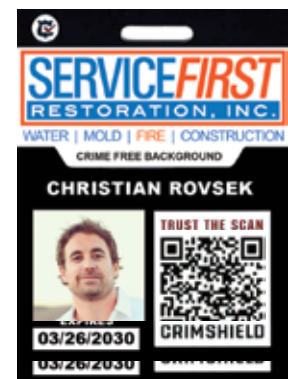


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- Increased workflow & efficiency
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