If you stored your grill away for the winter, now is the time to get it ready for your favorite foods and new recipes.

Clean the Burner and Tubes
Make sure the propane tank is turned off. Remove the briquettes and cooking grates, and carefully detach the gas tubes and burner. Clean the tubes with warm, soapy water and towel dry. Wipe the burner clean with a damp cloth. Towel dry the gas posts on the burner, then clean out each one with a toothpick.

Wash the Grill
First, cover the gas valves with aluminum foil to protect the connections from corrosion. Wash the grill’s interior and exterior surfaces with a long-handled stiff-wire grill brush and warm, soapy water. Rinse thoroughly and towel dry, then reattach the gas tubes and burners.

Burn Off the Grease
During the grill season, briquettes transfer heat to the cooking grates, leaving them coated with grease. Before firing up your grill for the season’s inaugural cookout, flip over the briquettes, close the lid and heat the grill on high for 15 minutes.

Clean the Cooking Grates
Cool the grill after burning off the grease. Remove the briquettes and cooking grates and scrub the grates with a long-handled stiff-wire grill brush and warm, soapy water. Rinse thoroughly and towel dry, then replace, along with the briquettes.

Stock Fuel Levels
Check and replenish your propane or natural gas supply as necessary. Corroding and rusted tanks should be recycled; return your tank to a propane supplier or check local listings for tank recycling companies.

While you’re at it, take a look at your grilling tools. Greasy, grimy gunk can build up in the stiff-wire grill brush. Clean the brush or simply replace it.

Gas Grill Maintenance Checklist, Real Simple

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April is the perfect time for spring cleaning; however, cleaning houses, cars and workplaces can cause personal injury including back strains, muscle fatigue and orthopedic injuries.

Here are some safety tips:

Never mix two cleaning solutions together. The reaction may release fumes dangerous to the lungs or cause chemical burns to skin and deeper tissues.

Place cleaning products out of the reach of children.

Bend your knees and keep your back straight when lifting items. Keep objects close to your body.

Watch the position of your wrists as you work. Avoid strains and sprains by keeping your hands in line with your wrists as much as possible to prevent stress on ligaments and tendons.

Try the environmentally friendly recipe for cleaning windows: Mix equal parts of vinegar and water and spray on windows. Polish dry with black and white newspaper and see it shine!

Pace your tasks. Sweeping and vacuuming provide a real aerobic workout.

Check your posture as you use a broom or vacuum. Stand straight with your feet and shoulders parallel to your hips. Avoid bending and twisting.

Limit repetitive motions to periods of 15 minutes or less. It is common to have tendon and nerve injuries after a chore such as cleaning an oven or waxing a floor.

Moisturize your skin after any type of cleaning with your hands to prevent minor injuries such as scrapes, tears and cracking.

Magee Rehabilitation

Buy ready-to-go fresh produce such as apples and bananas. Also, keep frozen vegetables on hand. Must-haves include corn, peas, chopped spinach and shelled edamame, all nutritionally comparable to their fresh-cooked counterparts – and they hold up taste-wise, too.

Prevention magazine, Today’s Tip

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Oh Happy Day! It’s Grill Time Again!

Preparation magazine, Today’s Tip

prepared by Charon Planning