

Hands On Home Safety

PREVENT POISONINGS

BE SMART
AROUND WATER

PREVENT FALLS



Safe at home

PREVENT CHOKING
& SUFFOCATION

PREVENT FIRES
& BURNS



**HOME
SAFETY
COUNCIL**

A safe home is in your hands.



H O M E
SAFETY
COUNCIL®

For most of us, our home is our safe haven. No one wants to think about being injured or killed at home. Yet every day in homes across America, 55 people die and another 58,000 people are injured and need medical care. There are many simple things you can do to help save lives and prevent injuries. Installing the right safety products and planning for the whole family can prepare you to deal with whatever may arise. We all have the most critical tools needed to make the largest impact on our home's safety...our own two hands.



Prevent Falls

Did you know that falls are the leading cause of emergency room visits among children and are the leading cause of injury and deaths at home for older adults?

Things to do today-



1.

Have grab bars in the tub and shower.

2.

Have bright lights over stairs and steps and on landings.



3.

Have handrails on both sides of the stairs and steps.

4.

Use a ladder for climbing instead of a stool or furniture.



5.

Use baby gates at the top and bottom of the stairs, if babies or toddlers live in or visit your home.

Prevent Poisonings

Did you know that one out of four dies from poisoning at home every year? Be smart about where and how to store poisons, especially in homes where children live or visit.

Things to do today-



1.

Lock poisons, cleaners, medications and all dangerous items in a place where children can't reach them.

2.

Keep all cleaners in their original containers. Do not mix them together.



3.

Use medications carefully. Follow the directions. Use child resistant lids.

4.

Install carbon monoxide detectors near sleeping areas.



5.

Call the Poison Control Center at 1-800-222-1222 if someone takes poison. This number will connect you to emergency help in your area.



Prevent Fires & Burns

Did you know that having working smoke alarms cuts your family's risk of dying in a home fire almost in half? Protect your loved ones from fires and burns in the home.

Things to do today-



1.

Have working smoke alarms and hold fire drills. If you build a new home, install fire sprinklers.

2.

Stay by the stove when cooking, especially when you are frying food.



3.

Keep space heaters at least three feet away from anything that can burn. Turn them off when you leave the room or go to sleep.



4.

If you smoke, smoke outside. Use deep ashtrays and put water in them before you empty them. Lock matches and lighters in a place where children can't reach them.



5.

Only light candles when an adult is in the room. Blow the candle out if you leave the room or go to sleep.



Prevent Choking and Suffocation

Did you know that half the children who die before age one die from choking or suffocation? Little things can be dangerous in little hands.

Things to do today-



1.

Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins, latex balloons and hard round foods, such as peanuts and hard candy, out of children's reach.

2.

Place children to bed on their backs. Don't put pillows, comforters or toys in cribs.



3.

Clip the loops in window cords and place them up high where children can't get them.

4.

Read the labels on all toys, especially if they have small parts. Be sure that your child is old enough to play with them.



5.

Tell children to sit down when they eat and to take small bites.



Be Smart Around Water

Did you know that children can drown in as little as an inch of water and in just a few minutes? Water can be deadly for young children.

Things to do today-



1.

Stay within an arm's length of children in and around water. This includes bathtubs, toilets, pools and spas – even buckets of water.

2.

Put a high fence all the way around your pool or spa. Always keep the gate closed and locked.



3.

Empty large buckets and wading pools after using them. Keep them upside down when not in use.



4.

Make sure your children always swim with a grownup. No child or adult should swim alone.



5.

Keep your hot water at or below 120° F degrees to prevent burns.





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Please visit our Web site to learn how to keep the people you love safe at home. You will find free home safety checklists and step-by-step guides at www.homesafetycouncil.org. There are also lots of fun safety games for children on Home Safety Council's kid-friendly site www.coderedover.org.