

SAFETY AT HOME

Americans are safer at work than they are at home- 11 times safer. There are a staggering 72,600 deaths that take place in homes and in the community from unintentional injuries, as well as over 20,200,000 disabling injuries, costing Americans over \$252 billion. One person out of every 15 incurred a home injury that required medical attention. Falls, poisoning, choking, drowning and fires continue to be the leading causes of accidental deaths in the home and community.

SAFE-HOME CHECKLIST

Make your home safe by taking these actions:

- ✓ Practice fire safety- check your smoke alarm monthly and replace the battery yearly.
- ✓ Stock a first aid kit and know how to use it.
- ✓ Lock up medicines, pesticides, cleaning products and other potential poisons out of children's reach.
- ✓ Keep stairs, sidewalks and hallways well-lit and clear of clutter.
- ✓ Plug in nightlights that automatically turn on in low-light conditions.
- ✓ Use rubber mats, no-slip decals or textured surfaces on tub and shower floors.
- ✓ Use only slip-resistant mats and throw rugs.
- ✓ Promptly remove snow, ice and mud from outdoor stairs and walkways.
- ✓ Check that sidewalks and driveways are free of holes, bulges or large cracks.
- ✓ Set your hot water heater at 120 degrees or less.
- ✓ Install ground-fault circuit interrupters in outlets near sink areas and outdoors.
- ✓ Be sure work areas have plenty of light.
- ✓ Place a carbon monoxide detector on each level of your home, but no closer than 15 feet to a gas stove, furnace or water heater.
- ✓ Use decorative tape or decals to make glass doors more visible.
- ✓ Know where main gas, electricity and water shutoff valves are in case they need to be turned off in an emergency.

Your home may be your castle, but that castle must be maintained to keep your family safe.

Content Source-National Institute for Occupational Safety and Health (NIOSH)) (Users of Safety Talk are advised to determine the suitability of the information as it applies to local situations and work practices and its conformance with applicable laws and regulations).