

Each year millions of people are injured in their own home. Follow these tips to keep your family safe and prevent injuries at home.

## Fire safety

You can do many things to prevent fires in your home:

- Have a professional check your furnace and water heater each year
- Check your wood stove and keep your chimney clean
- Get rid of or safely store flammable liquids
- Use your appliances properly
- Always blow out candles when leaving a room
- Install smoke detectors on every level of your home. Check smoke detectors every month, replace the batteries every year and buy a new detector every 10 years
- Keep a fire extinguisher in your home. Create a fire escape plan with 2 escape paths per room and make sure your family knows the plan



## Fall safety

Always pick up after yourself. Do not keep items in hallways or on stairs where people can trip over them. Make sure there is enough lighting around the house and that handrails along the stairs are stable. Always clean up spills right away. Fix broken stairs and floors and fix frayed rugs as soon as possible.

## Electricity

When faced with electrical problems, such as dimmed lights or a blown fuse, call a professional. Always inspect electrical appliances for damaged cords and replace them as needed. Do not plug too many cords into one outlet. Cover unused outlets to keep small children safe. Do not replace a fuse with a higher amp fuse. Never use or keep electrical appliances near water.

## Child safety

Avoid long drapery, cords and other items that could wrap around a child's neck. Do not keep small items where a child could reach them. Children can choke on small items. Use child safety gates in front of every staircase to prevent falls. Never leave a child alone in a bathtub. Always unplug electrical appliances when they are not in use. Keep firearms unloaded, locked up and in a place where children can't reach them.

## Poisons

There are many poisonous items around the house, including:

- Alcohol
- Cosmetics
- Bleach
- Medications
- Insecticides
- Cologne
- Household cleaners
- Ammonia
- Pesticides

Make sure children can't reach these items. Keep them stored and locked. Keep poisonous products away from food. Purchase household products that come in childproof packaging. Finally, never make a child believe that medicine is candy.

## Lead

Lead poisoning can cause brain damage and other problems. Lead can be found in:

- Paint
- Tap water
- Plastic products
- Toys
- Dust
- Pottery
- Soil

Ask your child's Primary Care Provider (PCP) to give your child a blood lead test when he or she is between 1 and 2 years old. Have your home tested for lead by a professional.

## Carbon monoxide

Carbon monoxide is a type of poisonous gas that does not smell or have color. It is given off by fuel-burning appliances, like furnaces and water heaters. Carbon monoxide can be deadly. Install carbon monoxide detectors to ensure safety. Have fuel-burning appliances checked every year by a professional. Never keep your vehicle running in a closed garage. This can raise levels of carbon monoxide in the home.



## Radon

Radon is a poisonous gas found in soil. It does not smell or have color. It gets into homes through cracks in the foundation or through the water supply. Radon causes around 21,000 lung cancer deaths a year. A radon inspector can check your home for radon levels and help you reduce these levels.

# SAFE HOME CHECKLIST



Use this checklist to help make your home safe.

## Bedrooms:

- ☐ Keep a lamp close to your bed
- ☐ Keep flashlights nearby in case of an emergency
- ☐ Note fire exits
- ☐ Use extension cords wisely

## Your child's room:

- ☐ Keep outlets covered
- ☐ Don't give unsafe toys to your child. This includes small toys that kids can choke on or large toys that you can trip on. Make sure your child's toys are appropriate
- ☐ Remove long drapery and cords
- ☐ Use a night light
- ☐ Lock windows and screens

## Living room:

- ☐ Make sure rugs are lying flat
- ☐ Clear the floor from items someone can trip over

## Kitchen:

- ☐ Check for spills
- ☐ Keep appliances safe
- ☐ Do not keep knives where children can access them

## Stairs:

- ☐ Keep stairs stable
- ☐ Keep handrails in good condition

## Outdoors (yard and garage):

- ☐ Check that play equipment is safe and sturdy
- ☐ Keep flammables out of reach
- ☐ Clear walkways

## Basement:

- ☐ Check heating system regularly
- ☐ Store power tools out of a child's reach

## Telephones:

- ☐ Keep a list of emergency contacts near every telephone (police stations, fire department, hospital, neighbor, etc.)

## Bathroom:

- ☐ Use a night light
- ☐ Lock up medications
- ☐ Do not keep electrical appliances near water
- ☐ Put nonslip treads on the ground and in the bathtub
- ☐ Set the hot water temperature to a safe degree