

Home Safety

“When you’re safe at home you wish you were having an adventure; when you’re having an adventure you wish you were safe at home.”

--Thornton Wilder

While most people consider their home to be a safe haven, many preventable accidents occur at home. As part of Home Safety Month, the following tips can help you identify and minimize the danger areas in your home.

Inside:

- Visibly post all emergency phone numbers (911, doctors, poison control center, fire department, etc.) near the phone.
- Install smoke alarms on every floor and near every bedroom. Check the batteries at least once a month. Make sure there are fire extinguishers on every floor of the home and family members know how to use them.
- Install carbon monoxide detectors near every bedroom.
- Make a family emergency plan for evacuating the house and practice the drill once or twice a year.
- Store all household cleaners, chemicals, and medicine out of the reach of children, preferably in a locked cabinet.
- Use child-safe electrical plugs, cabinet ‘locks’, anti-scald devices for faucets, and child-safe gates near stairs or other potential hazards.
- Install grab bars in the bath and shower, along with anti-slip decals or mat.
- Keep heaters or other fire sources at least three feet away from beds.
- Do not smoke in bed.

Outside:

- Keep all porches, steps, water sources, and walkways well lit.
- Keep surface water such as pools, ponds, buckets of water, etc. securely covered when not in use if young children are present.
- Make sure all hazardous and flammable liquids are clearly marked and in their original containers; have child-resistance caps; and are stored out of reach of children.
- Safely store ladders, hoses, power tools, etc. immediately after using them.

This is not an exhaustive list of home safety, but it can provide a start. For more information and tips on home safety, visit the websites below.

Resources:

www.homesafetycouncil.org
www.nsc.org/library/facts.htm

To speak with an EAP counselor call: 800 327-2384

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