



# Home Safety Month

## Reducing Household Risks Room by Room

### Kitchen

Monitor cooking very closely; keep combustible materials such as dish towels, paper plates and paper towels at least three feet from stove-top burners; when cooking, use oven mitts, roll up sleeves and avoid loose-fitting clothing; never store poisons with or near food items; and don't use a fire extinguisher on open pan fires because its force can spread the burning grease.

### Bedroom

Never smoke in bed; empty ash trays or douse them with water before going to sleep; don't sleep with candles burning; and keep space heaters at least three feet from combustible materials.

### Bathroom

Keep all medications and cleaning products locked up and out of the reach of children; help young children use the sink and tub and stay within arms reach of them when they are bathing; keep the bathroom door closed when not in use; install grab bars on tubs and near toilet seats for older adults who need help; use a non-slip mat or adhesive safety strips in showers and tubs; and immediately wipe up floor spills that can cause one to slip.

### Stairways

Use handrails on stairs; keep stairways clear of all objects; use sturdy, approved child-safety gates at the top and bottom of stairs; and install night lights with on/off switches at the top and bottom of stairs.

### Windows

Install window guards to prevent young children from falling out; move furniture away from windows; never leave young children unattended near an open window; and use cordless blinds or clip loops in cords high to protect young children from a potential strangulation hazard.

### Garage

Store dangerous items such as paint, pesticides and gasoline out of the reach of children; make sure an automatic door opener has a safety feature to prevent hitting or trapping a child.

### Pool

Install fencing at least five feet high on all sides of a pool and with a self-closing and self-locking gate; never leave a child unattended in a pool or around any water that could cause drowning; and never swim alone.

### BBQ Grill

Never put a grill near combustible materials, including wooden fencing or railing or low-hanging tree branches or plants.

### Play Equipment

Make sure playsets are safe and sturdy with no loose connections; covers areas around play equipment with soft materials such as mulch or hardwood chips to cushion a fall; and don't let children under the age of five play on anything more than five feet off the ground.

### Fire Safety

Make sure fire alarms are installed on every floor and in working order; and develop and practice a fire escape plan for the family.



Source: <http://www.emaxhealth.com>

Courtesy of Wellness Proposals