



It's unsettling to think that family or friends could be severely hurt in your home. Unfortunately, injuries that take place on residential property result in nearly 21 million medical visits and 20,000 deaths every year. For those between the ages of 1 and 44, unintentional injuries are the leading cause of death. Despite these shocking numbers, many say they don't know what they would or should do to make their homes safer environments. Often, people aren't aware of the potential hazards that exist. That's why it is important to take time to educate your family about the dangers that may be found in your home and how to prevent accidental injuries.

# Home SAFE Home

**Falls:** As the primary cause of home injury deaths, falls claim approximately 6,000 lives per year. Installing sturdy grab bars in the showers and railings on the stairs will help prevent falls. All indoor and outdoor walkways and stairways should be adequately lit.



**Poisonings:** Taking nearly 5,000 lives each year, poisonings not only affect children, they are actually the main cause of death for young and middle-aged adults. It's a good idea to contact Poison Control at 800-222-1222 for help with potentially dangerous situations. Keep all medications and cleaning supplies out of the reach of children and pets. Safety locks can easily be added to cabinets in the kitchen, bathrooms and garage.

**Fires and Burns:** More than 3,000 lives are claimed each year from burns and home fires. Of these fatalities, the majority are due to smoke inhalation. Fire can spread quickly; it is critical to create an escape plan and practice it annually.



**Obstructed Airways:** As the fourth-leading cause of accidental death in the home, airway obstruction, which includes choking, suffocation and strangulation, claims about 1,000 lives a year. It is especially a concern for families with young children, as many of the fatalities are a result of unsafe sleeping environments. Items placed in the crib and objects commonly found around the home, such as coins or small toys, are potential hazards. Keep in mind that objects measuring 1 3/4 inches or less are especially dangerous.

**Drowning:** Submersions and drowning account for almost 800 deaths each year. A young child can drown in as little as an inch of water. Be cautious when children are in or near a bathtub, pool or other body of water.

Source: [homesafetycouncil.org](http://homesafetycouncil.org)



# More Safety Tips

- Create an emergency response plan with your family. Designate evacuation routes and a meeting place outside the home. Everyone should be aware of the locations of fire extinguishers and emergency kits.
- Place a list of important numbers, including the fire department, police, medical assistance and poison control, near each phone in your home. Make sure children know to call 911 in an emergency.
- Keep your first aid kit well-stocked. For information on what to include, visit [redcross.org](http://redcross.org).
- Install and check smoke and carbon monoxide detectors to ensure they are working properly. At a minimum, place one of each in the hallways between the bedrooms of your home.
- Test and replace fire extinguishers. Make sure your entire family knows where to find them and how they are used. It is important to keep one on each floor of your house, as well as in the kitchen.
- Have your chimney inspected once a year and cleaned regularly to reduce creosote.
- Make sure burning candles are at least 1 foot away from fabrics and other flammable items. Extinguish them before leaving the house or going to bed. Candles should be placed in glass, ceramic, metal or other noncombustible materials.
- Protect your home from electrical hazards by not overloading electrical sockets or running electrical wires under carpets. Consider using lightning and surge protection devices and investing in Arc Fault Circuit Interrupters (AFCIs).
- Have your heating and cooling systems serviced regularly. Keep portable space heaters at least 3 feet away from flammable objects like paper, beds, curtains, clothing and upholstery.
- Tie window blinds and curtain cords with clothespins or specially designed cord clips.
- Check for recalls on items such as appliances, electronics, furniture and children's toys.
- Securely fasten heavy furniture including bookcases, shelves, artwork and mirrors to the walls.

Are  
potentially  
dangerous  
items  
properly  
stored?



## Garage

- Tools
- Pesticides
- Cleaning supplies
- Automotive fluids
- Pool chemicals
- Gardening products



## Bathroom

- All types of medications
- Cosmetics
- Cleaners
- Mouthwash
- Perfumes
- Hair dyes and sprays
- Nail polishes and removers



## Kitchen/ Laundry Room

- Cleaning products
- Sharp objects
- Small appliances