

# Safety at Home

## Slips Trips & Falls

- Remove clutter, small furniture, pet gear, electrical cords, throw rugs, etc. that could cause someone to trip.
- Arrange furniture and carpet so there is plenty of room for walking.
- Wipe up spills immediately.
- Be careful when walking outside in the dark or during inclement weather.
- Use non-slip and non-skid mats when needed.
- Make often used items the most accessible so that a ladder or stepstool won't be necessary for everyday items.

## Poison Prevention

- Put medicines away every time after you use them. Make sure the safety cap is locked.
- Never tell children medicine is candy.
- Safely dispose of leftover and unwanted medications.
- Keep chemicals and strong cleaning supplies out of reach of children and pets.

## Fires & Burns

- Change the batteries in your smoke detector and carbon monoxide detector at least annually.
- Plan and practice a family fire escape.
- Learn out to use a fire extinguisher.
- Remember what to do if your clothes catch on fire: Stop, Drop, and Roll.
- Use potholders when cooking and be careful when frying foods.
- Cover electrical sockets and keep children away from the stove and fireplace.
- Use sunscreen and reapply when needed.

## Weather Emergencies

- Have an emergency kit in your car and at least 3 days of food and water at your home.
- Keep important documents in a fireproof safe or safety deposit box.
- Know how to shut off utilities.
- Know what to do when specific weather emergencies happen, such as earthquakes, floods, or tornados.

## Driving Safely

- Don't drive while impaired. This includes alcohol, prescription drugs, over-the-counter drugs, and illegal drugs.
- Wear your seat belt! The seat belt and air bag combination helps reduce injury in crashes.
- Secure children in proper car seats for their age and size.
- Slow down! Follow the speed limits that are posted.
- Be aware of children and pedestrians in school zones and public areas.
- NEVER leave your children or pets inside a hot car! Just a few minutes can cause life-threatening illnesses.
- Be aware of older drivers.

## Choking Prevention

- Make sure children's food is cut into small pieces. Keep small pieces or toys away from infants and toddlers. Never give them hard candy.
- Chew slowly and make sure children chew slowly as well.
- Do not drink too much alcohol.
- Know the signs of choking: difficulty breathing, weak cry of cough, bluish skin color, loss of consciousness, unable to make a sound, and high pitched sounds while inhaling.
- Be knowledgeable about when to do the Heimlich Maneuver, when to perform CPR, and when to call 911.

## Drowning Prevention

- Always watch your child when they are bathing, swimming, or around water. Gather everything you need BEFORE the child enters the water.
- Empty buckets, bathtubs, or pools of water immediately after use.
- Do not allow your children to play in streams or creeks. Install a fence around your pool or hot tub.
- Keep a phone and life preserver near the pool.
- Consider becoming certified in First Aid & CPR.
- Get your kids and yourself swim lessons.
- Swim with a buddy.
- NEVER swim if you have been drinking alcohol.
- Wear a life jacket when boating.