

Family Development Monthly Packet

Home Safety



10 COMMON SAFETY HAZARDS

Falls

Poisoning

Carbon Monoxide

Fire Hazards

Drowning

Choking

Sharp Objects

Stoves

Dishwashers

Suffocation



Falls

Leading cause of injury or death in the home.

Prevention

- Keep kids safe from falling down stair by installing child safety gates at the bottom and top of stairs. Install handrails and keep stairs clean, well maintained and sturdy.
- Slippery surfaces in bathrooms are another place where falls can frequently occur. Consider having non-slip mats in the shower and rugs/towels outside the shower to prevent falling when getting out of the shower.



Poisoning

The second leading cause of fatalities is poisoning which leads to 5,000 deaths a year in the U.S. This is a particularly heartbreaking statistic as for the most part curious young children are affected by this type of hazard. Prevent your child from serious injury and becoming one of these statistics by following the following safety tips.

Prevention

- Keep cleaning products out of reach or locked up.
- Store paints and pesticides in a garage or shed and out of reach of children.
- Monitor kids in the kitchen and don't leave them unattended.
- Keep containers clearly marked and do not use any non food containers for food.
- Keep Poison Control info on your phone in case of emergencies.

Carbon Monoxide

Carbon Monoxide is a silent killer. Unlike gas, it cannot be detected by smell. You can keep your family safe by following these steps:

Prevention

- Make sure you have carbon monoxide detectors in your home and check them regularly.
- Get your heaters checked annually.
- Consider a home security system that is equipped with sensor that will alert you early to possible carbon monoxide in the air.



Fire Hazards

With over 3,000 American lives claimed each year from fire hazards, this is the third biggest killer as far as home accidents are concerned.

Prevention

- Install smoke detectors and test them regularly (at least monthly).
- Be careful when cooking and never leave a pan of hot oil unattended.
- Do not try to put out a grease fire with water-use baking soda or a fire extinguisher.
- Turn off holiday lights at night.
- Keep matches and lighters out of reach of children
- Never leave a candle burning at night or when you leave your house.
- Make a fire safety plan and review it with children often.



Drowning

Children aged from one to four years old are at serious risk of drowning. In fact, it is the leading cause of fatalities and injuries in this age group. Children this age can drown in just two inches of water and 800 deaths occur each year in the U.S. alone in this tragic kind of accident.

Prevention

- Never leave babies or small children unattended in the bath. Do not let other things distract or take you away.
- Keep toilet lids closed
- Swimming pools and ponds should have a fence around them. Do not leave children unattended at pools/lakes/rivers etc.



Choking

Choking is a hazard for small children who have a tendency to put small objects in their mouths!

Prevention

- Always have babies and small children in eye sight.
- Know how to handle a choking situation-First Aid, Heimlich and CPR-specific to children and babies.
- Make sure toys are age appropriate.
- Know and implement safe sleep practices for children and babies.
- Give children and babies age appropriate foods. Avoid hard candies.



Sharp Objects

We all have plenty of sharp objects around the home that are necessary but in the hands of small children, they can be extremely dangerous.

Prevention

- Keep kitchen knives and graters out of reach of children or in a locked drawer.
- Store knives with shields to cover the blades.
- Know how to use and clean knives safely.
- Keep items such as rakes, saws, and lawn mowers, locked away safely in garden sheds. Follow safety procedures and use caution when using garden tools. Remain vigilant to avoid accidents while gardening such as tripping and stumbling and electrical hazards.

Stoves

Stoves present a significant danger for a variety of reasons.

Prevention

- Ensure proper installation so stove will not tip over if a child tries to hang on it or climb it.
- Keep pan handles turned toward the back of the stove to prevent children from pulling them down.
- Do not leave stove unattended if turned on.
- Consider getting an oven safety lock to prevent children from opening the oven.

Dishwashers

Dishwashers are a great timesaving addition to any household but they do pose a danger.

Prevention

- Ensure that knives and forks are placed facing downward to prevent cuts and punctures.
- Unload after a washing cycle to prevent kids from opening them and getting to sharp objects.
- Never leave a dishwasher preloaded with detergent.
- Make sure the dishwasher cannot be opened mid cycle which could cause burns from steam and hot water.

Suffocation

Toddlers and young children are at risk of suffocation in your home. Follow these simple steps to avoid accidents and potential fatalities.

Prevention

- Keep plastic bags and packaging out of reach of children. Do not let them play with or put plastic over their heads
- Keep strings, cords, ropes, etc out of reach of children.
- Pay attention to blind/curtain cords. Keep large furniture clear of these to prevent children from climbing on them and getting to the cord.
- For babies-follow safe sleep guidelines-keep all pillows, blankets, etc out of their crib, have them sleep on their back, etc.



**For more
information,
resources and to
set up a home
safety goal contact
your family
advocate :)**