

Our homes
Our families
Our safety



What could be more precious?

Yet each year, homes are where nearly 21 million family members suffer injuries that could have been prevented.

The Home Safety Council wants your family to be safe from injuries. Take a hands-on approach to injury prevention in your home. Follow the safety checklist to help your loved ones avoid getting hurt, especially from the three most common causes of home injuries:

- slips and falls
- poisoning
- fire and burns

To learn more about preventing injuries and to download free home safety materials, visit the Home Safety Council online at www.homesafetycouncil.org.

A safe home is in your hands.

The Home Safety Council is a 501(c)(3) nonprofit organization dedicated to helping prevent the nearly 21 million medical visits that occur on average each year from unintentional injuries in the home. Through national programs and partners across America, the Home Safety Council works to educate and empower families to take actions that help keep them safer in and around their homes.

To learn more about Home Safety Council's programs, partnerships and resources visit

www.homesafetycouncil.org.



**Hands on
Home Safety**





Light it Up!

Slips & Falls Prevention

Falls are the leading cause of unintentional injury in the home.* How you can stay safer:

- **Brighten the Lights**
Use bright lights at the top and bottom of stairs and make sure hallways and dark areas in the home are well-lit at night with nightlights.

- **Secure the Bathroom**
Install grab bars in the tub, shower and near toilets. Use a rubber bath mat or non-slip strips in the tub. Wipe up spills and splashed bathwater promptly.
- **Guard Stairs and Steps**
All stairs and steps need handrails along both sides, secured along the full length of the stairway. Keep stairs and pathways clear of clutter. In homes with babies and toddlers, use baby gates at the top and bottom of stairs.

Fire & Burn Prevention

Fifty-seven percent of fire and burn-related injuries occur in the home.* You can protect your family:

- **Lower the Water Heater Temperature**
Check the setting of your water heater and make sure it's set no higher than 120 degrees F.
- **Put Working Smoke Alarms on Every Level**
Install smoke alarms on each level of your home—

especially in or near sleeping areas. Test each smoke alarm every month by pushing the test button until you hear a loud noise. Replace smoke alarm batteries with new ones at least once each year.

- **Plan and Practice a Home Fire Drill**
Know how to escape a fire. Find two exits out of every room – the door and possibly a window. Choose an outside meeting place in front of the home. Practice your plan twice a year with all members of the family.



Test It!



Lock it Up!

Poisoning Prevention

More than two-thirds of homes with young children report that household chemicals (e.g. cleaners, bleach or kerosene) are stored in unlocked places.* Every family can take steps to prevent a poisoning injury.

- **Know the Number: 1-800-222-1222**
Know the national poison control center toll-free number--1-800-222-1222 -- and keep the number by every phone in the home.
- **Lock Up Poisons**
Look around your home—under the sink, in the

garage—for cleaning products and automotive fluids that say “Caution”, “Warning” or “Danger” on the label. Store these away from food, in locked cabinets out of sight and reach of children.

- **Install a Carbon Monoxide Detector**
Carbon monoxide (CO) is a poison you can't see, smell or taste. CO is produced by fuel-burning appliances and equipment in your home. These need proper maintenance for safe use. Also install a carbon monoxide detector to alert you if the CO level becomes unsafe.

*The State of Home Safety in America™