

Home and Personal Safety

Safety whether at home or at work have unique hazards that we all have to be aware of. Every year more than 160,000 American die as a result of household injury. The Center for Disease Control reports that the most common sources of home injury or death result from poisoning, falling, choking, drowning or fires/burns.

- Chemical Safety
 - There are many chemical hazards, poisons, and flammables that are stored for various uses in and around the home. A few important safeguards include:
 - Keep all chemicals tightly sealed.
 - Do not store chemicals around areas where food, beverages or medicine are stored.
 - Store chemicals out of reach of children and pets.
 - Keep the National Poison Control number available: **1 (800) 222-1222**
- Fire Safety
 - Ensure smoke detectors are installed in the kitchen, garage, bedrooms, and other areas where appropriate on each level of the home.
 - Test smoke detectors on a regular basis and change batteries when the time changes forward and backward in the fall and spring.
 - Fire extinguishers should be located in key areas of your home (kitchen, garage, etc.)
 - Prepare and practice a fire evacuation plan and ensure each member of your household is knowledgeable.
 - Ensure your street address is clearly visible from the street for emergency vehicles that have to find your home.
- Electrical Safety
 - Use extension cords only as directed and do not exceed recommended wattage.
 - Make sure all appliance outlets are grounded.
 - Test your ground fault circuit interrupters regularly.
 - Never cut or alter plugs to make them fit into an electrical outlet.

- **Kitchen Safety**
 - Store sharp utensils and serving ware out of the reach of children.
 - Store knives with blades pointing to the back in storage areas.
 - Allow food to thaw in the refrigerator or microwave, not at room temperature.
 - Avoid using food past its noted expiration date.
 - Where necessary, install childproof devices on cabinets.
- **Slip/Fall Safety**
 - Ensure proper lighting in each room.
 - Make sure throw rugs are secure, otherwise remove.
 - Periodically check the security of thresholds and the floor beneath.
- **Home Invasion Safety**
 - Do not leave house keys under doormats, in potted plants, or hanging on nails or other areas outside of the home.
 - Do not leave your entire key ring when having your vehicle serviced.
 - Do not leave notes for friends, delivery drivers, or other that you are not home or when you expect to return.
 - When out of town, either stop mail and newspaper service, or have someone pick them up periodically.
 - Plant shrubs beneath windows to make entry more challenging for a burglar.
 - Keep garage door closed.
- **Gardening Safety**
 - Wear glasses/goggles, sturdy shoes and long pants.
 - Wear hearing protection when using machinery.
 - Use long sleeves/pants or bug repellent (such as DEET).
 - Use sunscreen.
- **Boating Safety**
 - Only experienced operators should control the boat.
 - Ensure there is a fire extinguisher on board.
 - Have emergency supplies available (i.e. flares, first aid kit, etc.).
 - Adhere to the number of people and weight limitations of the vessel.
 - Ensure there are floatation devices for each person on board.
 - Ensure someone on shore knows where you are going and when you are expected back.

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