

REMINDERS AND TIPS FOR HOME SAFETY

The author of this document is not responsible for misapplication of these reminders, suggestions and tips for home safety. These tips are not exclusive as there may be more and other ways to be safe in the home. Please use these suggestions at your own personal discretion.

Home Hazards	Suggestions for mitigating the hazards
1. Are your house address numbers visible from the street?	Numbers should be large and unobstructed from the street in the event emergency responders need to find your house.
2. Do you have emergency phone numbers readily available near your phone?	Keep a call list of family and friends near your home phone. If mobile phone, keep numbers of your emergency contacts readily available, such as: <ul style="list-style-type: none"> *A 911 Emergency *A Emergency, son Jacob *A Emergency, neighbor Joe
3. Do you have an emergency action plan for your home? Hurricane, tornados, floods, break-ins?	Make a written plan to include phoning friends and family; have a safe haven retreat location and transportation to it; plan for electrical, water and plumbing outages; while there's no way to know how long you'll need to survive on your own after a natural disaster or other emergency, planning for a minimum of three days of survival is a good starting point, including food, water and emergency lighting.
4. Do your family and friends routinely check on you? Set a schedule and call.	Make a habit of routinely calling family, shut ins, and anyone disabled or with medical conditions.
5. Is access into your home clear and unblocked?	Remove pot plants, figurines, furniture or anything that blocks clear access to all doors.
6. Do you have a home security system?	Remember to lock doors at all times of the day and night. Have a neighbor keep a key to your house. Check in with neighbors frequently. Keep home security systems up to date. Let your neighbor know your security pass code.
7. Are windows lockable? Do you have safety bars on them?	Occasionally unlock/re-lock windows to keep access clear. If bars block windows and are hinged, keep hinges lubricated for emergency exit and access.
8. Do you keep your vehicle in the garage?	Don't let your vehicle idle in a closed garage; carbon monoxide can build up and it is a killer. Open the garage door and safely back the car outside to idle if necessary. Keep the door from your house to garage closed. It should have a spring-loaded hinge to

	<p>assure it is shut, eliminating opportunity for carbon monoxide to come into the house.</p>
<p>9. Are rugs, carpets and mats securely in place in your house? Are edges turned up, do mats slip on tile or hardwood floors?</p>	<p>Securely fasten all to the floor with sticky tape so they don't slip. Remove any items that are lying on the floor such as dirty clothing, refuse or trash. For wet or slick floors, be sure to clean up immediately so you don't forget and risk a fall.</p>
<p>10. Are electric cords securely out of the walk areas? Do you have GFI outlets in bathrooms and kitchens where it's wet?</p>	<p>Make sure cords are not frayed or cut and if using power cords, don't overload. GFCI receptacles have been required in houses starting in 1971. If your house was built before 1971, your outlets may not be safe for wet environments.</p>
<p>11. Are smoke, fire alarms and carbon monoxide detectors in good condition?</p>	<p>To keep smoke alarms in good working order, you should: test it once a month by pressing the test button until the alarm sounds. Change the battery once a year (unless it's a ten-year alarm) replace the whole unit every ten years.</p>
<p>12. If you have stairs, are they safe with no loose carpet, slick treads, loose handrails?</p>	<p>Area lighting, stair treads and handrails need to be safe to prevent falls. Plan to use stairs only when necessary. Always use handrails.</p>
<p>13. Is your water heater set at warm, not scalding temperatures?</p>	<p>A temperature range of 98 degrees to 100 degrees is best. There are dangers when bathing in extremely hot or extremely cold water. Bath water temperatures of 102 degrees F. and above are dangerous especially for those who have heart and cardiovascular problems.</p>
<p>14. Do you burn candles? If so, use these reminders and if so, set an alarm nightly to put them out.</p>	<ol style="list-style-type: none"> 1. Trim the wick 2. To light it, use a long match or long lighter 3. Dispose of the matches properly 4. Keep the candle within sight 5. Do not have any burnable items near the candle 6. Pick the perfect spot to enjoy the scent 7. Don't burn for more than four hours 8. Don't use candle where a pet could knock it over 9. Extinguish appropriately; set a reminder alarm
<p>15. Do you have flashlights available and operable?</p>	<p>Check flashlight batteries monthly and seasonally. Keep extra supply of replacement batteries</p>

<p>16. For Christmas and seasonal lighting</p>	<p>Tips: Replace old lights Use LED, they are cooler Using power strip-no more than three cords Use UL certified lights Keep real tree hydrated, use a pan of water Use indoor/outdoor lights appropriately Use ladders safely, not a substitute device Use plastic clips instead of nails or screws Secure loose light strands, no drooping Never run cords through windows or doors Use a GFCI with outdoor lighting and cords Use a timer; don't leave on for extended time Store lighting properly until next season</p>
<p>17. Do you have a first aid kit available and fully stocked with needed items? What is needed?</p>	<p>Your kit should have these items: Gloves/Eye Protection CPR Pocket Mask Tourniquet Roll of Gauze 4x4 Gauze Pads Medical Tape Two Triangular Bandages Finger Splint Elastic Bandage/Band-Aids Trauma Shears</p>
<p>18. Are medications being used in the home?</p>	<p>Tips for Medications:</p> <ul style="list-style-type: none"> • Take meds carefully, don't get them mixed up. • Measure and break carefully to assure correct dose • Take the right dose at the right time; use Sunday through Saturday dispenser-AM/Mid-Day/PM • Store meds properly-cool, dry place, some refrigerated, all out of sight of children • Dispose of meds when necessary; check with pharmacist on disposal tips • Dispose of needles and sharps carefully in disposal container
<p>19. Do you have a device for opening cans and jars safely?</p>	<p>Don't force cans, jars or bottles when opening; use a rubbery grasping device or opener</p>
<p>20. Do you have a light bulb changing extension pole?</p>	<p>Use a light bulb grasping tool for changing ceiling bulbs or lights at heights. If using a ladder, never stand on top step, have a spotter hold ladder for you.</p>

<p>21. Do you use gas or electric stove top burners?</p>	<p>Oven, Stove-Top, Microwave Safety Tips:</p> <ol style="list-style-type: none"> 1. Cook with care; don't get burned 2. Make sure your stove and oven hood are safely and correctly installed 3. Keep loose items away from stove 4. Do not let loose items like towels lay on or near your stove top 5. Use child and pet safety products 6. Keep a fire extinguisher nearby 7. Never use metal in microwave ovens
<p>22. Will you use a ladder?</p>	<p>Ladder safety tips:</p> <ol style="list-style-type: none"> 1. Choose the correct ladder (step, fixed, extension) 2. Never use a damaged ladder 3. Never paint a ladder; paint may obscure cracks or damage 4. Plan for height needed to access 5. Rest the ladder on non-slick surface; ladder should have safety feet 6. Using a stepladder, lock the spreader bars 7. If extension ladder, don't place it too close to the wall. Proper placement is 4:1, for four feet height, one foot from the wall 8. Keep three points of contact: one hand/two feet or two hands/one foot 9. Keep hands and body between the side rails 10. Always face the ladder, ascending and descending 11. Never stand on top cap...it's not a step 12. Always use a spotter buddy 13. Don't place items on steps 14. Don't place ladder near a door that can be opened 15. Don't use extendable tools or handles 16. Don't allow work beneath the ladder 17. Store ladder appropriately
<p>23. Use personal protective equipment (PPE) when doing home projects in or outdoors or cleaning up debris and spills.</p>	<p>Items to use:</p> <p>Appropriate gloves (leather, cloth, latex, etc.) Safety glasses/goggles Closed toe shoes or safety shoes/boots Long sleeved shirts to protect arms (Careful with loose clothing around rotating</p>

	<p>equipment and don't forget—never remove safety guards) Long pants to protect legs Ear plugs for noisy tools Sunscreen for outside work Cap or hat in the sun Use a friend for working at heights <i>Note: Don't try to do what you did 40-50 years ago.</i></p>
<p>24. Are there pets in the home?</p>	<p>Be cautious around pets, they can trip you or make messes that can make you slip, trip and fall. Keep pet toys out of walkways.</p>

NOTES: Make additional suggestions and reminders here-