

Total Housekeeping

- Housekeeping In Your Home -

Every year, more than 3 million people across the nation are seriously injured in accidents at home. In a recent year, home accidents claimed more than 22,000 lives. Most of those accidents were preventable.

Here are the top 10 home SAFETY TIPS presented by the Home Safety Council:

1. **Install smoke alarms** on every level of your home and outside every sleeping area. They should be tested monthly. If your smoke alarms are ten years old or more, replace them. If you build or remodel your home, you should install fire sprinklers. Insurance companies offer discounted rates on homeowner policies if the house is equipped with sprinklers, as there is a better chance that the home could be salvaged in case of fire. Also install carbon monoxide alarms.
2. **Develop a fire escape plan** for your family. Point out two exits from each room, pick a meeting spot outside, and hold a fire drill at least twice a year.
3. **Always stay in the kitchen** when food is cooking on the stove.
4. **Keep all stairways, paths, and walkways well lit and use railings.**
5. **Install grab bars in bath and shower stalls**, and use a non-slip mat or adhesive safety strips inside bathtubs and showers.
6. **Post the National Poison Control Hotline number (1-800-222-1222)** and other emergency numbers next to every phone in your home.
7. **Install child locks** on all cabinets used to store dangerous items such as poisons, matches, and lighters.
8. **Keep your water heater setting** at 120°F or less.
9. **Install four-sided pool fencing** with self-locking and self-closing gates. Fencing should completely isolate the pool from the home and be at least five feet high.
10. **Constantly supervise children** in or near bodies of water such as pools, ponds, bathtubs, toilets, and buckets.



It's certainly not only children who may be injured at home. Taking short cuts and ignoring basic safety rules are often responsible for adult injuries around the home.

- Always use the tool designed for the task and ensure that it is put away once the job is finished.
- Sweep the work area when finished to prevent slips and falls.
- Wear the correct safety clothing, such as goggles, face masks, protective gloves or safety boots.
- Treat electricity with the care it deserves. Always switch off the power at the fuse box before carrying out repairs.
- A ladder should always stand away from the wall at a distance of a quarter of the ladder's height and should never lean against glass or guttering.
- Always make sure a power tool is grounded and replace worn flex.

Resources:

For more home safety tips and information, please visit: www.MySafeHome.org and www.capecoast.gov.za/xho/pubs/public_info/l/83479/1/E