



# Home Safety Tips

Your home is your castle, where you feel safe from the world's demands and dangers. But accidental poisoning, falls and fires cause almost half of all home accidents that lead to death or serious injury.<sup>1</sup> Stay safe at home with these tips.

## Preventing falls

Each year, falls at home cause serious injury, lasting disability and death.<sup>2</sup> To prevent falls:

### On the stairs

- Use safety gates at the top and bottom of the stairs if you have small children.
- Paint the bottom step a bright or contrasting color in dimly lit areas like garages, attics and basements.
- Keep stairs free of shoes and toys, and put handrails on both sides of the steps.

### In the bathroom

- Put non-slip strips in your tub or shower.
- Keep a bath mat with a non-skid bottom next to the shower or tub.

### Around the home

- Use nightlights in hallways and bathrooms.
- Open windows from the top only, or put in window guards, if you have young children.
- Avoid using rugs. If you have to use a rug, tape all edges to the floor.

## Fire safety

While cooking is the cause of most house fires, smoking causes most fire-related deaths. Never smoke in bed, leave burning cigarettes unattended or empty smoldering ashes into a trash can. Keep matches and lighters where a child can't reach them. Put smoke alarms on every floor of your house, and check the batteries each month. Don't leave food cooking on the stove when you can't be in the room. And make a fire escape plan with at least two different ways to escape every room of the house.<sup>3</sup>

## Accidental poisoning

Poisoning is a danger for people of all ages. From babies and children getting into cleaning fluids, vitamins or medicines, to adults who get sick from drug interactions, poisoning is the cause of a quarter of all injury-related deaths in the U.S.<sup>4</sup> You are more likely to die from poisoning than in a car accident.<sup>4</sup>

Prevent accidental poisonings by taking medicines only as your doctor tells you to. Store drugs and cleaning products out of a child's reach.

### Did you know?

You are more likely to die from poisoning than a car accident.<sup>4</sup> Keep the Poison Control hotline number – **800-222-1222** – by every phone and add it to your contacts.



## Poisoning prevention for young children<sup>5</sup>

- Store all medicines – as well as cleaning supplies, make-up, lotion, sunscreen, shampoo, perfume, bubble bath, etc. – where a child can't reach them.
- All tobacco products, e-cigarettes, liquid nicotine, and other products used for vaping should be put away where a child can't reach them, every time.
- Alcohol, prescriptions and other drugs can quickly be fatal to a child who gets into them. Always store these items securely.
- When guests come over, ask them to put bags and purses out of reach. If they might have tobacco or medicine in their coats, store them someplace safe.
- Be aware of poisonous plants in your house or yard. Many plants – even food plants – have parts that are poisonous to people. Even some types of beans can be poisonous when they are not cooked fully, and the seeds of some edible fruits can be toxic. Remove poisonous plants, or keep your child away from them.

## Poisoning prevention for teens and adults

Adults are more likely to die from poisoning than children, in part because of drug interactions and overdoses.<sup>4</sup> Make sure your doctor knows everything you are taking. That includes prescriptions as well as over-the-counter drugs, vitamins and herbal supplements, alcohol and any illegal drugs you use. Be honest with your doctor; your life may depend on it.



### Sources

- 1 International Code Council website, The State of Home Safety in America (accessed March 2017): [www.iccsafe.org/cs/CTC/Documents/guards/resource/guards\\_Moss\\_SOHSIA-2004report.pdf](http://www.iccsafe.org/cs/CTC/Documents/guards/resource/guards_Moss_SOHSIA-2004report.pdf).
- 2 World Health Organization website, Falls (accessed March 2017): [www.who.int/mediacentre/factsheets/fs344/en/](http://www.who.int/mediacentre/factsheets/fs344/en/).
- 3 Centers for Disease Control and Prevention website, Injury Prevention (accessed March 2017): [www.cdc.gov/healthyhomes/bytopic/injury.html](http://www.cdc.gov/healthyhomes/bytopic/injury.html).
- 4 Centers for Disease Control and Prevention website, National Vital Statistics Report, Vol 65 (accessed March 2017): [www.cdc.gov/nchs/data/nvsr/nvsr65/nvsr65\\_04.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr65/nvsr65_04.pdf).
- 5 Centers for Disease Control and Prevention website, Home and Recreational Safety: Tips to Prevent Poisonings (accessed March 2017): [www.cdc.gov/homeandrecreationalafety/poisoning/preventiontips.htm](http://www.cdc.gov/homeandrecreationalafety/poisoning/preventiontips.htm).

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