



Healthy Homes Training

# HOME SAFETY



# Why Parents Should Worry

- Children spend about 90% of their time indoors.
- Children explore their surroundings by touch, taste and playing on floors.
- Trips and falls are the 2nd deadliest form of accidental death in children.
- To reduce children's injuries-reduce or eliminate home hazards.



# How Safe IS Your Home?

## Home Hazards:

- Rugs and lumpy carpets
- Staircase with no handrail
- Spills on floors
- Loose or uneven steps
- Matches and lighters
- Unsupervised children
- Non-working smoke detectors



# Presentation Goals

- Identify three common types of household safety hazards.
- Identify safety hazards in your home.
- Learn ways to prevent home accidents.



# 7 Principles of Healthy Homes



1. Keep it **DRY**
2. Keep it **CLEAN**
3. Keep it **CONTAMINANT-FREE**
4. Keep it **PEST-FREE**
5. Keep it **SAFE**
6. Keep it **MAINTAINED**
7. Keep it **VENTILATED**



# What Is A Safety Hazard?



- An area, appliance or toy that can cause injury.
- An item that is not used properly.
- Play equipment that is not properly assembled.
- Bath water that is too hot.
- Unsupervised children.



# What Can Safety Hazards Cause?



- Cuts
- Bumps and bruises
- Broken bones
- Head injuries
- Burns
- Choking
- Death



# Most Dangerous Areas in a Home



- Bathroom
- Stairs
- Hallway



# Bathrooms Dangers

- Slipping
  - Puddles on floor
  - Wet bathtub or shower stall
- Scalding and burning from water that's too hot
- Drowning



# Bathroom Safety Guide

- Never leave small children alone during bath time.
- Wipe up any puddles to prevent falls.
- Put bathtub stickers or a mat in the tub to prevent falling.
- Have children sit in the tub instead of standing.
- Test water temperature before putting child in bathtub.



# Staircase Dangers

- Uneven or broken stairs
- Loose carpets on stairs
- Toys or clutter on stairs
- Poor lighting
- Missing or broken handrails



# Safer Stairs

- Keep stairs free of clutter, toys and other trip hazards.
- Do not allow children to play on or jump down the stairs.
- Use handrails to go up and down stairs.
- Wear non-skid footwear for hardwood staircases.
- Install safety gates at top and bottom of staircase.



# Hallway Hazards



**Poor Lighting**

- Poor lighting
- Extension cords
- Clutter



**Extension Cords**



**Clutter**



# Safer Hallways

- Remove or tape down extension cords.
- Install lights to see better.
- Remove toys and other objects.
- If not carpeted – wear non-skid footwear to prevent slips/falls.
- Install and maintain smoke and carbon monoxide (CO) detectors in hallways.
  - Change the batteries every six months.
  - A simple reminder is to change them every time you change your clocks for daylight savings time!



# Protect Against Fires and Burns

- Store matches, cigarettes and lighters out of reach of children.
- Make and practice a fire-exit plan with your family.
- Put a smoke detector near bedrooms and change batteries twice per year
- Keep space heaters out of doorways, halls or other busy areas.
- Never hold a hot drink/food and a child at the same time.
- Do not let children play near a stove, heater or grill.





# Protect Kids From Choking

- Babies should drink sitting up. Drinks like formula, milk or juice can make babies choke if they are lying down.
- Never tie toys or pacifiers to children's clothes.
- Small children should not wear jewelry around their necks.
- Do not let children play with strings, plastic bags or batteries.
- Keep children away from medicines.



# Other Dangers

- Extension cords that run across floors.
- Not using safety gates.
- Children using table or chairs as ladders.
- Children running in the house.
- Broken or damaged extension cords.
- Uncovered electrical outlets.



# Other Dangers

**Cribs with adjustable sides are outdated and no longer recommended, make sure yours is safe.**



**Long pull cords from blinds or drapery can cause strangling; tie them up out of reach of children.**



- Unsupervised children
  - In playpens and swings
  - Access to toys that are not meant for child's age.
- Children sleeping in cribs with side-rails that move.
- Long pull-cords from blinds within a child's reach
- Clutter



# Always Remember

- Clean up spills immediately.
- Keep staircases free of all objects.
- Change smoke and carbon monoxide detector batteries every 6 months.
- Buy toys right for your child's age.
- Go to emergency room or call 911 if an accident happens.
- Make sure children eat and drink sitting up.
- Inspect your home for clutter and remove.



# Conclusion

- Know what types of hazards could cause injuries in your home.
- Take time to check every room in your home for safety hazards.
- Fix, replace or remove any hazards.



# Resources

- Your landlord or health department
- Safe Kids New Jersey
  - <http://www.safekidsnewjersey.com>
- US Consumer Product Safety Commission
  - 1-800-638-2772
  - [www.cpsc.gov](http://www.cpsc.gov)

**For any accidents or injuries  
call 911 or go to your local emergency room.**

