

### Injury Prevention at Home



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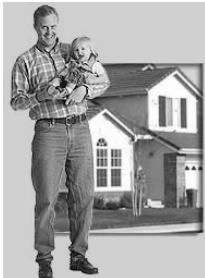
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### Injury Prevention at Home

More than 20,000 Americans die each year due to home and year to home.

In addition, 3,000,000+ are permanently disable due to injury.



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### Injury Prevention at Home



©ADAM

**Making your home safety proof should be your goal.**

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## **Injury Prevention at Home**

### **6 Common Household Injuries**

#### **Cuts**

Resulting from exposure to sharp objects, tools, and using toys improperly



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## **Injury Prevention at Home**

### **Preventing Cuts**

- Use tools correctly.
- Watch out for sharp knives in the dish water.
- Carefully pick up broken glass and other materials around the home.

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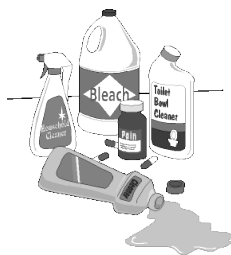
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## **Injury Prevention at Home**

### **6 Common Household Injuries**

#### **Poisoning**

Household chemicals such as cleaners, automobile fluids, carbon monoxide all present a danger in the household.



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**Injury Prevention at Home**

**Preventing Poisoning**

- Know the poison control center number.
  - 1-800-222-1222.
- Label all medications, caustic cleaners (drain openers, toilet cleaners), and automobile fluids with a warning.
- Store all chemicals and fluids in their correct container and store them in a locked cabinet or high cabinet

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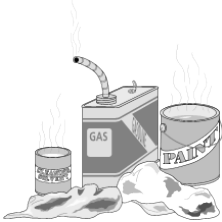
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**Injury Prevention at Home**

**6 Common Household Injuries**

**Burns**

Can result of contact with chemicals, hot water, or heat.




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**Injury Prevention at Home**

**Preventing Burns**

- Make sure know have your local fire departments number by your phones in your house.
- Make sure you blow out candles carefully before leaving the home or going to sleep.
- Make sure your home has smoke detectors and they have working batteries.

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**Injury Prevention at Home**

**6 Common Household Injuries**

**SSC  
(suffocation/strangulation/  
choking)**

Cookouts (hotdogs),  
eating to quickly,  
eating large pieces of  
food, drinking, cords,  
plastic bags



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**Injury Prevention at Home**

**Preventing SSC  
(suffocation / strangulation / choking)**

- Sit down to eat food, avoid walking around while eating.
- Try not to talk and eat at the same time.
- Store plastic bags in a drawer.
- Keep cords hidden as best as possible.
- Being able to perform the Heimlich Maneuver and recognize the international sign for choking.

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**Injury Prevention at Home**

**6 Common Household Injuries**

**Drowning**

Pools, tubs, and  
buckets all present  
the opportunity for a  
drowning to occur



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**Injury Prevention at Home**

**Preventing Drowning**

- Don't leave buckets of water around the house.
- Make sure you drain the tub after you done bathing.
- Pool owners should make sure they close their pools properly.

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**Injury Prevention at Home**

**6 Common Household Injuries**

**Falls**

Slip in the shower, on rugs, down stairs, on hardwood floors.




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**Injury Prevention at Home**

**Preventing Slips and Falls**

- Grab Bars
  - Railings in all stairways.
  - Install grab bars in the shower if you have an elder living with you.

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**Injury Prevention at Home**

**Preventing Slips and Falls**

- Slip-Resistant Rugs and Mats
  - Non slip mats and strips should be placed in the bottom of the tub.
  - If you have wooden floors make sure you buy rugs with non-slip backing or tape the edges with slip resistant tape.

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**Injury Prevention at Home**

**Preventing Slips and Falls**

- Sufficient Lighting
  - Make sure all stairwells and outside steps are well lit.

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**Injury Prevention at Home**

**Emergency Numbers**

- Should be placed by every phone in the house or in quick and easily accessible spot. (refrigerator)
- Local Fire Department
- Poison Control Number  
1-800-222-1222
- Police Department
- Doctor's Office




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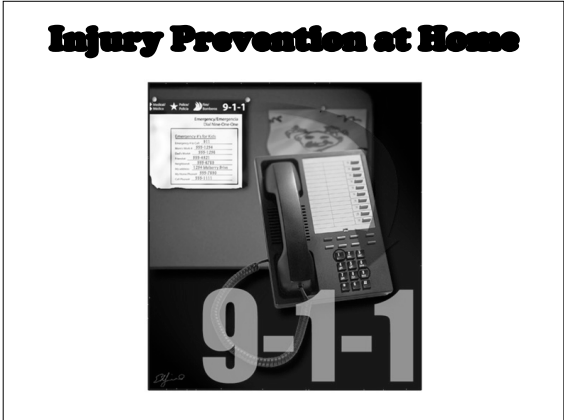
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