

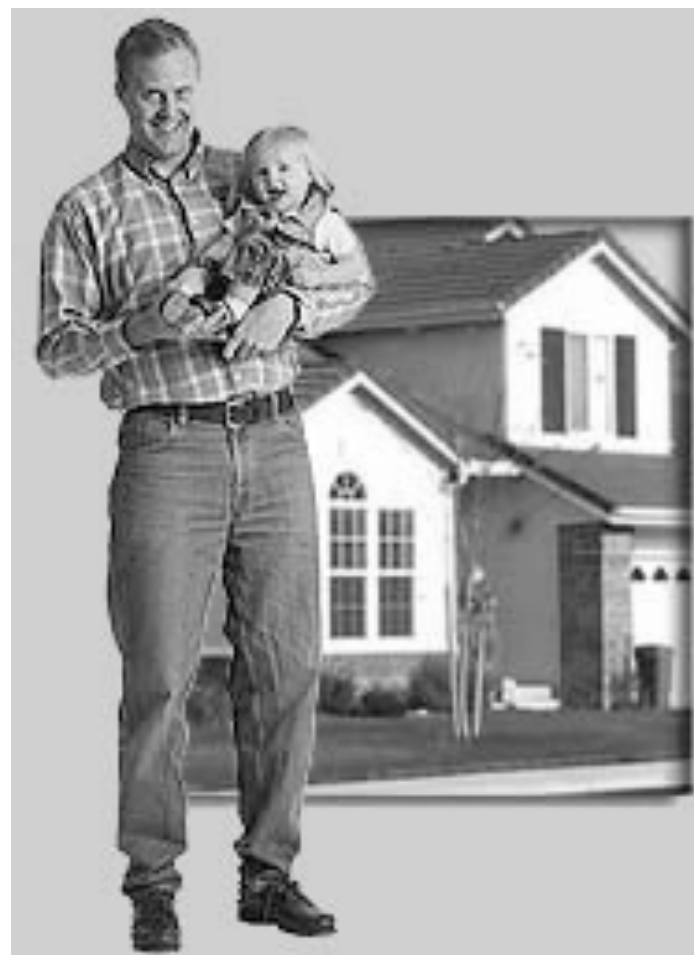
# Injury Prevention at Home



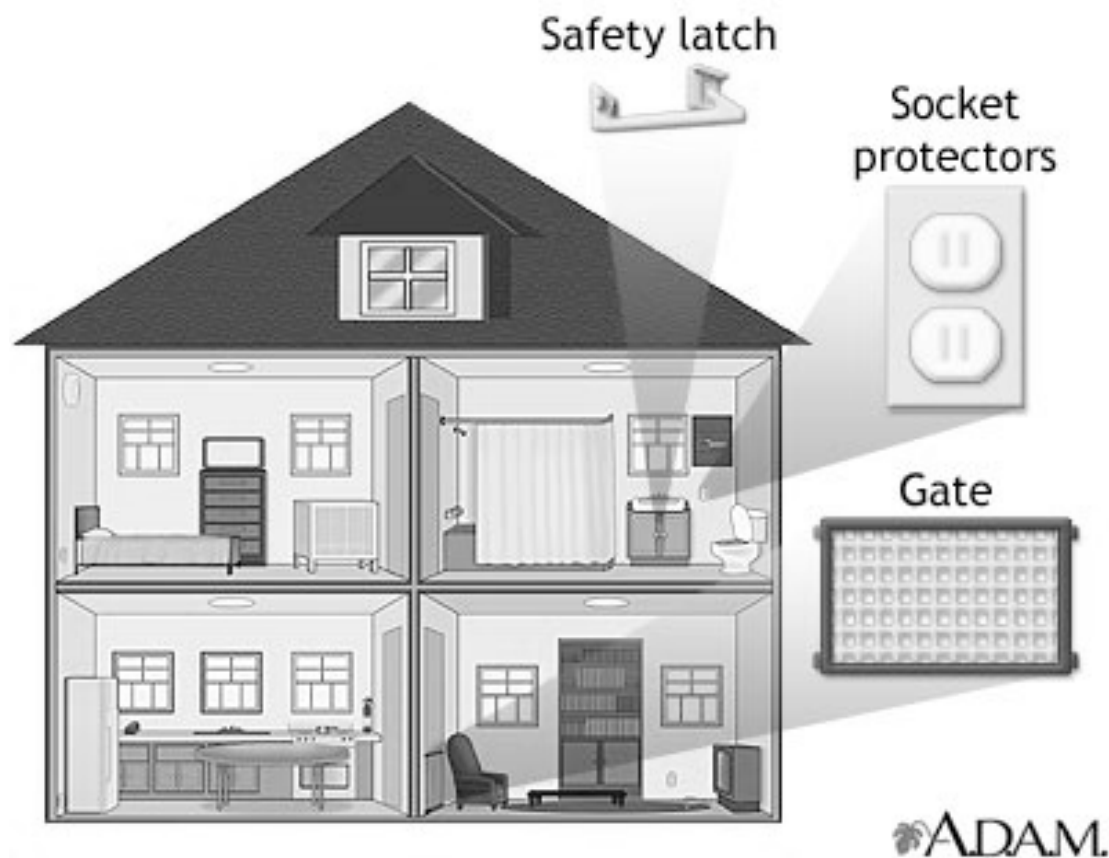
# Injury Prevention at Home

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.



# Injury Prevention at Home



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

# Injury Prevention at Home

## 6 Common Household Injuries

### Cuts

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



# **Injury Prevention at Home**

## **Preventing Cuts**

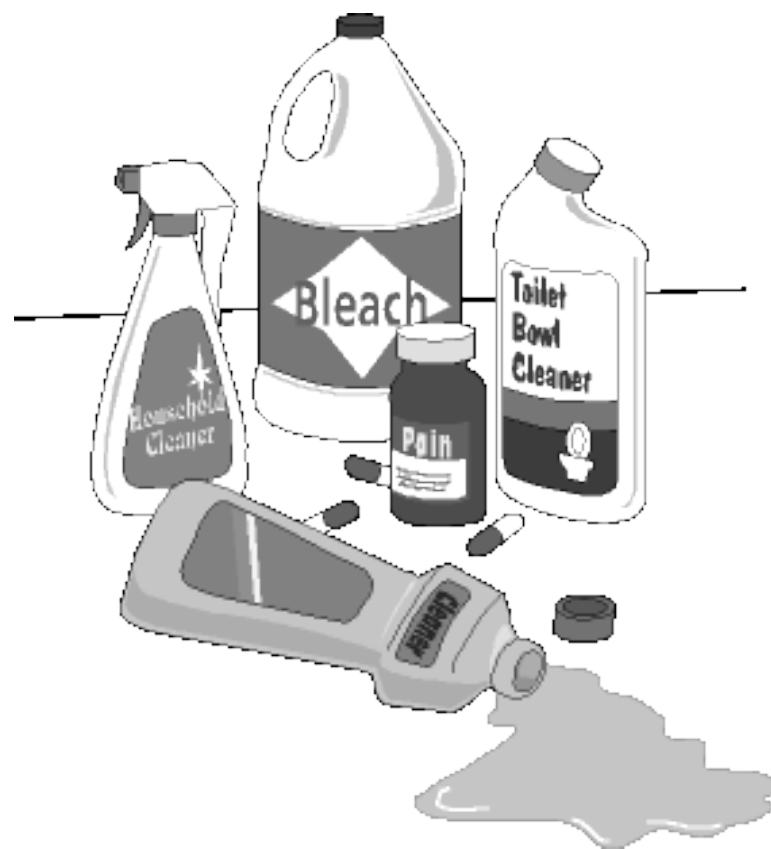
- Use tools correctly.
- Watch out for sharp knives in the dish water.
- Carefully pick up broken glass and other materials around the home.

# 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.



# **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

# Injury Prevention at Home

## 6 Common Household Injuries

### Burns

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





# **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.

# Injury Prevention at Home

## 6 Common Household Injuries

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

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



# **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.

# Injury Prevention at Home

## 6 Common Household Injuries

### Drowning

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



# **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.

# Injury Prevention at Home

## 6 Common Household Injuries

### Falls

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



# **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.

# **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.



# **Injury Prevention at Home**

## **Preventing Slips and Falls**

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

# 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



# Injury Prevention at Home

