

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

HOME INJURIES AND SAFETY

WHAT IS THE RISK?

The Home Safety Council states, "The home is the second most common location of unintentional fatal injuries in the United States, with motor vehicles traveling on the road being the first." Additionally, "...the top five home deaths are falls, poisoning, fire/burn, choking/suffocation, and drowning; together these causes account for 90% of all unintentional home injury deaths."

YOUR BABY AND HOME SAFETY

Your home is your baby's whole world during its first few years, and the nursery is a large focal point of that world. From infancy to toddlerhood your baby will explore, learn, play and sleep in the nursery.

There are simple steps you can take to make sure that the nursery is a safe and inviting place for your baby to learn and grow. Take a few minutes to make sure your baby stays safe in the nursery by following the Home Safety Council's Checklist. [See checklist on pg. 2]

HOW MUCH ARE HOME INJURIES COSTING US?

The number one cause of unintentional home injuries is falling. Falls alone cost an average of 100 million annually and cost 5 times more than the next highest cost of home injury.



CHILDREN

An average of 2,096 children under the age of 15 die each year as a result of an unintentional home injuries.

HELP REDUCE INJURIES BY :

Play Safely: Check to make sure the playground equipment your child uses is properly designed and maintained and there is a safe, soft landing surface below.

Make Home Safety Improvements: Use home safety devices, such as guards on windows that are above ground level, stair gates, and guard rails. These devices can help keep a busy, active child from taking a dangerous tumble.

Keep Sports Safe: Make sure your child wears protective gear when playing active sports, such as wrist guards, knee and elbow pads, and a helmet when riding a bike.

Supervision Is Key: Supervise young children at all times. Look for fall hazards, such as stairs and playground equipment, whether you are at home or out to play.

OLDER ADULTS

More than one third of adults 65 and older fall each year in the United States.

HELP REDUCE FALLS BY :

Exercise: Exercise programs like Tai Chi that increase strength and improve balance are especially good.

Check Medicines: Ask a doctor or pharmacist to review medicines—both prescription and over-the-counter—to reduce side effects and interactions.

Vision Screens: Check for vision problems at least once a year by an eye doctor.

Lighting: Improve lighting in your home by adding lights or by using a higher wattage bulb.



SAFETY TIPS FOR:

TODDLERS

- Young children need constant supervision, especially around water.
- Install baby gates at the top and bottoms of all home stairways.
- Install child safety locks on cabinets to safely store chemicals, cleaners, medicines, cosmetics, and other toxic and/or caustic products.
 - Purchase cleaners, household chemicals, medications and other potentially hazardous products with child resistant packaging.
 - Post the National Poison Control Hotline (1-800-222-1222) and other emergency numbers next to every phone.
 - Install a smoke alarm on every level of your home and near sleeping areas.
- Install toilet seat locks; turn over all buckets and store them up high, where they cannot collect standing water or be reached by children.
- Test faucet water at the tap and adjust water heater to 120°F or below.



THE NURSERY

- Only use a new crib that has been tested for safety.
- Do not put anything in the crib while sleeping. Pillows, bumpers, and toys are suffocating hazards.
- Put babies on their BACK to sleep. Also, use a sleep sack, not a blanket.
- Keep cribs and other furniture away from windows.
- Use the safety belt on the changing table and high chair to keep your baby from falling. Keep one hand on your baby when you change him/her.
- Store baby powders, lotions, and medicines on a high shelf. If possible, use a child safety lock so young children cannot access these items.
- Keep all plastic bags out of the baby's room.
- Use child safety covers for electric outlets. The safest kind covers the whole receptacle.
- Keep baby monitors and other cords a safe distance from the crib.
- All pictures should be secured out of reach. Do not hang pictures or other heavy decorations directly over a crib.
- Blind cords can be deadly if they have a loop. Cut the loop in two pieces and tie them up high where children cannot reach them.



RESOURCES

www.cdc.org

www.homesafetycouncil.org

www.aapcc.org

For more information: www.WellnessCoachesUSA.com