

Top Ten (10) Tip List of the Home Safety Council

Provided by the Social Development Committee of the Rougemont Ruritan Club, Rougemont NC - www.rougemont-ruritan.org

Prevent Falls



*Is your home safe
for your family?*

- 1 • Install grab bars in the tub and shower and use non-slip mats!
- 2 • Have bright lights over stairs and steps and on landings. Keep stairs clear of clutter.

Prevent Fires & Burns



- 3 • Have working smoke alarms and hold fire drills. If you build a new home install fire sprinklers!
- 4 • Stay by the stove when cooking ... especially if you are frying foods.
- 5 • Keep your hot water heater set at 120°F degrees to prevent burns. Use back burners and turn pot handles toward the back of your stove. Use a travel mug (even inside) when drinking hot fluids.



Prevent Choking & Suffocation

- 6 • Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins, latex balloons and hard round food, such as peanuts and hard candy where children cannot see or touch them ...
- 7 • Place babies to sleep on their backs, alone in their crib. Don't put loose pillows, blankets, comforters or toys in cribs. These things can sometimes keep a baby from breathing ...
- 8 • When your children are in or near water, watch them very carefully. Stay close enough to reach out and touch them. This includes bathtubs, toilets, pools and spas - even buckets of water.

Prevent Poisonings



- 9 • Keep cleaners, medications and beauty products in a place where children can't reach them. Use child safety locks ...
- 10 • **For Poison Help call 1-800-222-1222**
Call if you need help or want information about poisons. Call **911** if someone needs to go to the hospital right away ...

The time to consider safety is **BEFORE** you need it.