

# Safety Fact Sheet



The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

## POISON PREVENTION TIPS

Annually, there are more than 1 million reported poison exposures among children age six and under, with most occurring in children 2 to 3 years old. These incidents account for more than half of the poison exposures in the U.S. The Utah Safety Council offers the following tips to stop unintentional poisonings:

- Buy products with child-resistant caps (and remember that this type of cap will be more difficult, but not impossible, for a child to open). Tightly close caps after each use.
- Keep potential poisons (including medicine, cleaning products, perfume and fingernail polish remover) out of sight and reach in cabinets with child-resistant latches.
- Be careful when using medicines and cleaners. Before answering the phone or doorbell, close containers and put them out of children's reach. Never leave children alone with a poisonous product. Avoid taking medicine in front of children (and never refer to medication as "candy") children mimic the behavior of adults.
- Keep products in their original containers so there can be no mistaking the contents.
- Old medicines often stop working, but they can still poison children. Look for the expiration date on the bottle or tube. If it is expired, properly dispose of the substance!
- Clean up after working around the house, car and garden. Properly dispose of leftover cleaners, sprays and kerosene right away. Don't leave them out for children to find and taste.
- Keep plants out of reach. Learn which indoor and outdoor plants are poisonous (such as poinsettia and calla lily) and either remove them or make them inaccessible.
- Have your heating system checked and serviced every year to help prevent carbon monoxide poisoning. Educate yourself about other causes of carbon monoxide poisoning in the home. Consider installing carbon monoxide detectors in your home.
- Educate grandparents and other caregivers about the dangers of possible poisoning. Ask them to take appropriate precautions if a visit from children is expected. Provide them with the numbers of the local poison control center and the children's physician. If visitors are expected in your home, make sure suitcases are stored out of children's reach. Remind visitors to take responsibility with their own medications.
- Learn and follow first aid procedures in case a poisoning does occur. Keep the phone numbers of your local poison control center and emergency medical service next to each phone (Utah Poison Control System, 800.222.1222. If you suspect someone has ingested poison, call a poison control center for instructions.

### Safety Tips for You, Your Family, and Friends

Unless noted, the safety tips below were adapted from the American Association of Poison Control Centers' poison prevention tips for children and adults.

### Drugs and Medicines

- Follow directions on the label when you give or take medicines. Read all warning labels. Some medicines cannot be taken safely when you take other medicines or drink alcohol.
- Turn on a light when you give or take medicines at night so that you know you have the correct amount of the right medicine.
- Keep medicines in their original bottles or containers.

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- Never share or sell your prescription drugs.
- Keep opioid pain medications, such as methadone, hydrocodone, and oxycodone, in a safe place that can only be reached by people who take or give them.
- Monitor the use of medicines prescribed for children and teenagers, such as medicines for Attention Deficit Disorder, or ADD (SAMHSA 2006).
- Dispose of unused, unneeded, or expired prescription drugs at your local police department.

## Household Chemicals and Carbon Monoxide

- Always read the label before using a product that may be poisonous.
- Keep chemical products in their original bottles or containers. Do not use food containers such as cups, bottles, or jars to store chemical products such as cleaning solutions or beauty products.
- Never mix household products together. For example, mixing bleach and ammonia can result in toxic gases.
- Wear protective clothing (gloves, long sleeves, long pants, socks, shoes) if you spray pesticides or other chemicals.
- Turn on the fan and open windows when using chemical products such as household cleaners.
- Read these [carbon monoxide poisoning prevention guidelines from the CDC](#).

## Keep Young Children Safe from Poisoning

- Put the poison control number, 800.222.1222, on or near every home telephone and save it on your cell phone. The line is open 24-hours a day, 7-days a week.
- Keep all drugs in medicine cabinets or other childproof cabinets that young children cannot reach.
- Avoid taking medicine in front of children because they often copy adults.
- Do not call medicine “candy.”
- Be aware of any legal or illegal drugs that guests may bring into your home. Do not let guests leave drugs where children can find them, for example, in a pillbox, purse, backpack, or coat pocket.
- When you take medicines yourself, do not put your next dose on the counter or table where children can reach them.
- Never leave children alone with household products or drugs. If you are using chemical products or taking medicine and you have to do something else, such as answer the phone, take any young children with you.
- Do not leave household products out after using them. Return the products to a childproof cabinet as soon as you are done with them.
- Identify poisonous plants in your house and yard and place them out of reach of children or remove them.
- Here is a link to [Utah’s Poisonous Plants Guide](#).