



UTAH  
**Safety**  
COUNCIL



# Take Safety Home

Learn how to protect your family from the top five leading causes of unintentional home injuries.

POISONING



FALLS



CHOKING



DROWNING



FIRES & BURNS



# Who We Are

For 80 years, the Utah Safety Council has been devoting its efforts to making Utah a safer place to live and work. The Utah Safety Council promotes safety and health by providing education, services, and products to business, government, and community members through:

## Membership Services

The Utah Safety Council's membership program will help you strengthen your understanding of the safety and health issues you face every day.

## Occupational Safety Training and Certification

Training from the Utah Safety Council can help you mitigate risks and gain the skills needed to integrate safety into your workplace.

## Traffic Safety Training and Educational Programs

Programs offered by the Utah Safety Council offer practical strategies to reduce collision-related injuries and fatalities on and off-the-job.

## First Aid, CPR and AED Training and Certification

How your employees react before emergency medical services arrive could make the difference between life and death.

## Home and Community Safety Education

Our free resources help families stay safe and prevent injuries at home, at play, and on the road. Programs include Buckle Up for Love, Take Safety Home, as well as participation in safety and health fairs throughout Utah.



# Safety at Home

Disabling injuries are more numerous in the home than in the workplace and motor-vehicle crashes combined. The Utah Safety Council is encouraging everybody to Take Safety Home!

This booklet was created to highlight the top five leading causes of unintentional home injury deaths:

- **Poisoning**
- **Falls**
- **Choking**
- **Drowning**
- **Burns & Scalds**



By sharing the prevention tips listed in this booklet, we hope to greatly reduce the number of injuries caused by these dangers in the home.

The five leading causes of injuries account for the deaths of **seven people every hour.**

**One out of 29 people** in the United States are disabled one full day or more by unintentional injuries that occur in the home.

According to the National Safety Council, injuries in the home and community cost **\$350.3 billion** annually.



# Poisoning Prevention

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## What is a Poison?



**Drugs:** prescription, non-prescription, herbals, essential oils, vitamins and minerals, e-juice



**Pesticides:** weed killers, insect and rodent killers, garden chemicals



**Auto fluids:** antifreeze, windshield washer fluid, oil



**Household cleaning products:** laundry products, dish detergent, toilet cleaner, oven cleaners



**Cosmetic & personal care products:** mouthwash, perfumes, toothpaste



**Plants:** poinsettia, devil's ivy, oleander, ivy, peace lily, philodendron

## FYI:



While children have a higher poison exposure rate, adults have a higher death rate. Some common reasons for adult poisoning include: using household products incorrectly, alcohol poisoning, and misuse of prescription and non-prescription drugs.



Recently, poisonings due to laundry detergent pods and button batteries have been on the rise. Be sure to teach children to always ask a trusted grown-up before eating, drinking, or touching anything.

To prevent poisoning, follow these helpful Do's & Don't's.

## DO:

Store all medicines and household products out of sight and reach of children in locked or childproof cabinets.



Store all household products and medicines separately and away from food.

Store all cleaning products or other potential poisons in their original containers and never store them in containers used for other reasons.



## DON'T:



Keep expired or unneeded medications. Periodically clean out medicine cabinets and safely dispose of medications.

Refer to medicine as candy. Always call it by its real name.



Assume that an herbal medicine is safe because it's natural. Always consult a doctor before taking any herbals, vitamins or minerals.

Never hesitate to call Poison Control.  
Keep this number in a visible location:

# Poison Control Number:

# 1-800-222-1222



# Fall Prevention

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## Window Safety

### Window Guards:

Screens are meant to keep bugs out, not children in.

Install window stops so that windows open no more than four inches.

### Opening Windows:

If you have windows that open from the top and bottom, make a habit of opening just the top.

Keep windows locked and closed when not in use.

### Move Furniture:

For your crawlers and climbers, move chairs, cribs, and other furniture away from windows to help prevent window falls.

### Lock it Up:

Keep windows locked and closed when they are not being used.

Keep in mind that as kids grow, they may have enough strength to open an unlocked window.

## Baby Walkers



Because baby walkers can be dangerous, try using a stationary activity center.



These items give your baby a chance to practice standing and moving more safely.



Look for one that is on a stable, non-moveable base and place it away from stairs, hot appliances, or window cords.

## FYI:



Unintentional falls are the leading cause of non-fatal injuries in the United States.



Every day, approximately 8,000 children are treated in U.S. emergency rooms for fall-related injuries.



Helmets can reduce the risk of severe brain injuries by 88%.

To protect your family, follow these helpful Do's & Don't's.

## DO:

- ✓ Take your kids to playgrounds with shock absorbing surfaces such as rubber, synthetic turf, sand, wood chips, or mulch.
- ✓ Use safety gates at the tops and bottoms of stairs and attach them to the wall if possible.
- ✓ Use anti-slip rugs for the floors in your home, and mats or decals in the bathtub or shower.
- ✓ Secure TVs and furniture to the wall using mounts, brackets, braces, anchors, or wall straps to prevent tip-overs.

## DON'T:

- ✗ Place baby carriers on top of a table or other furniture. Always place on the floor.
- ✗ Move a child who appears to be seriously injured after a fall. Call 911 and let trained medical personnel move the child.
- ✗ Leave your child alone in a shopping cart. And always buckle them with a safety belt or harness.
- ✗ Let children climb on furniture or use drawers or shelves as steps.
- ✗ Forget to lead by example with helmet use!

# Choking Prevention

## Children & Food Safety

### Hot Dogs

Children under the age of four should never eat hot dogs in their whole form. Remove the peel and dice it.



### Meat

Cut large pieces of meat into smaller portions and avoid serving meat with bones.



### Bread & Peanut Butter

Add a lot of jelly. Bread & peanut butter can be like glue in the mouth.



### Raw Fruit & Vegetables

Always cut into smaller portions.



### Hard Candy

Avoid allowing a child to eat hard candy until they are at least five years old.



### Non-food items

Keep floors, tables, and counter tops free of small objects like: coins, buttons, rings, marbles, nails, plastic bags, or deflated balloons.



## FYI:



Suffocation is the leading cause of injury and death among children under the age of one.



The majority of choking incidents occur at home. Remember, anything that can fit through a toilet paper tube can cause a young child to choke.



Children under age five are at greatest risk for choking.

To protect your family, follow these helpful Do's & Don't's.

## DO:

- ✓ Supervise your child while they are playing.
- ✓ Check toys for damage, missing parts, or sharp edges and immediately repair or discard them.
- ✓ Remove all drawstrings from clothing.
- ✓ Let the person try to expel the foreign body using his or her own efforts if the victim is still able to talk.
- ✓ Remove any necklaces, purses, or scarves while children are on playgrounds.

## DON'T:

- ✗ Place a crib or child's bed next to a window. Keep all blind and drapery cords out of reach of your child while they are playing.
- ✗ Hang toys with long cords, strings, or ribbons in playpens or cribs.
- ✗ Buy toys that are inappropriate for your child's age and skill level.
- ✗ Place infants in a crib with pillows or other soft products. Place on a firm, flat crib mattress.
- ✗ Allow children to play in poorly ventilated spaces.

**Teach your family the universal choking sign-clutching the throat.** Encourage children to become familiar with this sign and use it when choking.





# Drowning Prevention

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## FYI:

- Infants can drown in as little as one inch of water.
- Drowning is the leading cause of injury-related death among children between one and four years old.



## Boating Safety

In 2013, **77 percent** of all boating accident victims drowned, and of those who drowned, **84 percent** were not wearing a life jacket.

### Life Jacket Safety:

Always have your children wear a life jacket approved by the U.S. Coast Guard while on boats, around open bodies of water, or when participating in water sports.

1. Make sure the life jacket fits snugly.
2. Have the child make a “touchdown” signal by raising both arms straight up.
3. If the life jacket hits the child’s chin or ears, it may be too big or the straps may be too loose.
4. Remember that swimming aids such as water wings or noodles are fun toys for kids, but they should **NEVER** be used in place of a U.S. Coast Guard-approved personal flotation device (PFD).

To protect your family, follow these helpful Do’s & Don’t’s.

### DO:

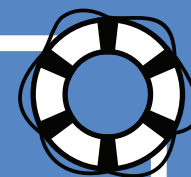
- Put the cell phone away and give young children 100 percent of your attention when they are near water.
- Empty all tubs, buckets, containers, and wading pools immediately after use. Store them upside down and out of children’s reach.
- Learn CPR. The Utah Safety Council offers a First Aid, CPR, and AED training course.

### DON’T:

- Leave your child unattended around water.
- Keep toilet lids open. Use toilet seat locks to prevent drowning. It’s also a good idea to keep doors to bathrooms and laundry rooms closed.
- Count on “water wings” to keep children safe.

## Swimming Safety

Swimming pools are the most common site for a drowning to occur among children ages four and under. Here are some tips to keep children safe:



Whenever infants or toddlers are in or around water, an adult should be within arm’s reach.

Make sure backyard pools have four-sided fencing that’s at least five feet high and a self-closing, self-latching gate to prevent a child from wandering into the pool.

Educate your children about the dangers of drain entrapment and teach them to never play or swim near drains or suction outlets.

Regularly check to make sure drain covers are secure and have no cracks. If a pool or hot tub has a broken, loose, or missing drain cover, don’t use it.

# Burn & Scald Prevention

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## Where do many burns happen?

### Kitchen:

Drinks that are heated in a microwave may become much hotter than their containers. For children, heat liquids in another container and then pour it into a bottle.



Make the stove area a “no-play-zone.” Three feet is a good distance.

Cook with pots and pans on back burners when possible and turn handles away from the front or edge. Keep hot foods and liquids away from table and counter edges.



Keep stove tops free of grease and spills.

### Bathroom:

Unplug irons and store them out of a child’s reach.



Test bath water with your wrist or elbow before placing a child in it.

Set your water heater temperature at 120 degrees Fahrenheit.



## FYI:



Burns can be caused by dry heat, extreme cold, UV rays, etc. Scalds are caused by wet heat, hot liquids, or hot vapors.



Every day at least one child dies in a home fire, and every day 293 children are injured by fire and burns.



77% of families have not developed and practiced a home fire escape plan, one of the most important components to surviving a home fire.

**Make sure your children know to dial  
9-1-1 for any kind of fire emergency.**



To protect your family, follow these helpful Do’s & Don’t’s.

### DO:



Install smoke alarms on every level of your home, outside each sleeping area, and in each bedroom.



Keep bedroom doors closed at night to prevent smoke from entering the room.



Place space heaters at least three feet from anything that can catch fire and always turn them off when leaving the room or going to bed.



Cover unused electrical outlets and make sure all electrical cords are in good condition.

### DON'T:



Keep the same smoke alarms over 10 years.



Leave burning candles in vacant rooms. Blow candles out before leaving or going to bed.



Leave children alone in the bathtub. A child can burn or drown within seconds.



Keep gasoline, matches, and lighters unlocked or where children can reach them.



Need more  
information?



Want to learn more? Request free safety materials? Invite us to a safety or health fair? Contact our Home & Community Program Manager at 801.746.**SAFE** (7233) or email **safety@utahsafetycouncil.org**.

We also have more free resources on our website: **UTAHSAFETYCOUNCIL.ORG**.

Let's Connect:



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