

AT-HOME TOOLBOX TALK



FIRE SAFETY

Equip your home with smoke and carbon monoxide detectors:

- Install smoke alarms on every level of your home and inside each bedroom
- Include the installation of several carbon monoxide detectors
- Kitchen smoke alarm should be at least 10 feet from stove to avoid false alarms
- Test devices monthly to ensure they are working properly
- Use strobe lights and bed shaker devices for those with hearing loss
- Replace batteries annually on all devices; replace devices after 10 years

Make an Escape Plan:

- Plan two ways to escape from each room
- Make sure all doors and windows leading outside open easily
- Identify secondary routes of escape
- If you live in a multi-story building, plan to use the stairs – never the elevator
- Designate an outside meeting place a safe distance from the building where everyone should meet
- Teach children never to hide during a fire, and how to escape on their own in case you can't help them
- If you have pets and are unable to locate them during a fire, leave all exit doors open
- Practice:
 - » Getting out with your eyes closed, crawling low to the floor and keeping your mouth covered
 - » Closing doors behind you
 - » How to “stop, drop and roll” if your clothes catch on fire
 - » Testing door handles to see if they are hot before opening them

CALL 911 – Teach your children and all household members how to call for HELP!

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MINIMIZING SAFETY RISKS AT HOME



- **Child Proof** your home:
 - » Apply locks to cabinets that contain medicines and toxic items
 - » Store tools and sharp objects in a safe and secure place out of reach to children
 - » Have a first aid kit well stocked and available in an accessible location
 - » Be sure to keep children away from stoves and all heating elements



- **Be Alert** at all time – get enough sleep.
- **Pick Up Spills** immediately to avoid possibly falls or injuries.
- **Develop a Home Safety Plan** and practice different ways to exit your home.
- **Fire Alarms and Carbon Monoxide Detectors** – Test monthly, change batteries annually.
- **Remove Clutter** from floors, halls and entry ways to provide safe pathways.
- **Vehicle Safety** – Wear seat belts and properly secure children in car/booster seats.
- **Safety Helmets** – are required to be worn by children and adults.
- **Water/Pool Safety:**
 - » **Learn how to swim!**
 - » Never swim alone; children need to be supervised at all times
 - » Install a pool barrier (fencing), alarm and safety net/cover
 - » Keep chemicals/cleaning products under lock and key
 - » Deflate and remove inflatables and ladders when not in use
 - » Life jackets are required when riding in any type of water vessel



- **Window Safety** – Loose or looped window cords pose a risk for strangulation – go cordless.
- **Safety Rails** – in bathrooms, stair and entry ways to assist with balance concerns.
- **Bed rails** – Should be considered to avoid any concern for falls.
- **Electrical** – Replace all frayed electrical cords and cap off unused electrical outlets.
- **Poison Control Center** – Always keep this number handy (1-800-222-1222).
- **CPR** – Consider taking a CPR course to learn how to administer life-saving measures.
- **Cell Phones** - Keep them well charged and handy for any emergency needs.
- **Emergency Phone List** – Post a listing of phone numbers for emergency use.



911 – Teach your children and all household members how to call for HELP!



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SAFETY SCAVENGER HUNT

- It's important to stay safe so we can keep doing the things we enjoy.**
What are your favorite things to do together with your family?

Fire Safety

- Find all the smoke detectors in your house.
How many did you count? Do they all work?
Why is it important to have working smoke detectors?

Power Outage Safety

- What do you do if the power goes out in your home?
Find all the flashlights in your house.
How many do you have? Do they work?

First Aid Safety

- Find your family's first aid kit.
What's in it? Name some other items that can be added to your kit?

Escape Plan Safety

- Do you have an escape route out of your house during an emergency?
Practice this escape route with your family and then have a second backup route in place. Find a safe meeting spot for your family outside of your home.
Practice meeting up in this spot!

