

Home Safety

Prevent injuries in your home with these tips:

POISON PREVENTION

- Keep all medications and vitamins in one place and out of reach of children. Consider using a locking box to store your medications.
- Use child-resistant latches on all cabinets and drawers with harmful products, like medicines and cleaning supplies.
- Put the Poison Control number, 800-222-1222, on or near every home telephone and save it in your cell phone.
- Keep medicines locked up until you are able to safely dispose of them during Operation Medicine Drop. Check www.ncdoi.com/OSFM/SafeKids/sk_OperationMedicineDrop.asp for information on upcoming drops in your area.

PREVENT CHOKING & SUFFOCATION

- Watch young children while they are eating and keep small objects that are potential choking hazards out of their reach.
- Wrap and tie curtain/window blind cords together.



PREVENT SLIPS, TRIPS & FALLS

- Keep floor clear. Pick up toys, shoes, magazines.
- Clean up spills.
- Repair any damaged or uneven stairs. Fix any railings that are missing, loose, or damaged.
- Keep home well-lit and install a nightlight on the path to the bathroom.
- Use rubber backing or carpet tape on rugs.
- Use a non-slip surface in shower/bathtub.



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FIRE SAFETY

- Install smoke alarms on every floor of your home and near sleeping rooms. Test once a month using the test button and check the expiration date on the back.
- Make an escape plan with at least two ways out of every room, if possible, and have a meeting place outside. Practice your escape plan twice a year.
- Attend to food cooking on the stove. Keep potholders and towels away from the cooking area. Avoid wearing clothes with long, loose-fitting sleeves.
- When using a space heater, keep it at least three feet away from anything that can catch on fire, like curtains. Never use a gas generator indoors.



For information about healthy homes outreach, contact Amy MacDonald at (919) 966-2463 or at amy.macdonald@unc.edu

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WATER SAFETY & DROWNING

- Always stay with children when they are in the bathtub.
- Use toilet locks and keep the lid shut.
- Set water heater no higher than 120 °F (50 °C).

HOME MAINTENANCE

- Install window guards, a removable barrier that prevents children from falling out of open windows.
- Anchor furniture, bookshelves, and televisions by using straps or brackets.
- Make sure all exterior doors have working locks.
- Fix any water leaks and damage from pipes or gutters.
- Repair any holes or cracks in the foundation or walls.

ADDITIONAL RESOURCES

UNC Center for Environmental Health and Susceptibility: <http://cehs.sph.unc.edu>

NC Healthy Homes:
www.nchealthyhomes.com

NC State Fire Marshal:
www.ncdoi.com/OSFM/SafeKids/fireprevention

Carolinas Poison Center:
www.ncpoisoncenter.org

NC Injury & Violence Prevention Branch:
www.injuryfreenc.ncdhhs.gov

Home Safety Council:
www.homesafetycouncil.org