

# SAFETY TIPS AT HOME

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Home is a place to relax, play and enjoy spending time with family. Of course, accidents happen, and there will be minor scrapes and bruises along the way, especially as kids grow and discover new things. And that's OK. The problem is the more serious injuries that are often completely preventable.

Every room in your home presents dangers that can be usually be fixed or avoided. Learn how to make your home safer by following these important home safety tips:



1. **Install Smoke Detectors** on every floor and carbon monoxide detectors near sleeping areas. Do not forget to test monthly and replace batteries at least twice per year.
2. **Childproof your home!** Areas of particular danger include appliances, kitchen, bathroom, electronics, stairs, windows and around the house.
3. **Practice a fire escape plan** with your family where you identify two exits for every room.
4. **Place fire extinguishers in key locations in your home** - The kitchen, bedroom and basement. Check expiry dates regularly.
5. **Keep emergency numbers** and contacts readily available by the phone.
6. **Set your water heater below 120°F** to avoid potential burns and to save energy.
7. **Keep floors clear.** Reduce clutter and safely tuck telephone and electrical cords out of walkways.

