Keeping loved ones safe:

Did you know Americans are safer at work than they are at home? 11 times safer.

When you add friends and families into the equation there are a staggering 72,600 deaths that take place in homes and in the community from unintentional injuries, as well as over 20,200,000 disabling injuries, affecting 112 million households, costing Americans over $251.9 billion.

These injuries are from:
- falls, especially among adults 65 and older
- drivers who are distracted while texting or using their cell phones
- inexperienced teen drivers
- poisonings especially from unintentional drug overdose from painkillers or other prescription drugs
- sports injuries
- overexertion
- choking
- Drowning
- and many more incidents that we never intended to happen

As a society, we must think about safety not only when we’re at work, but when we’re home and in our communities, in our cars, or on vacation. By understanding the hazards we face, adopting safety as a fundamental right,
Top Ten Tips List: Is your home safe for your family? Follow these 10 tips from the Home Safety Council to protect the people you love!

- **Prevent Falls**
  - Install *grab bars* in the tub and shower. Use non-slip mats.
  - Have *bright lights* over stairs and steps and on landings. Keep stairs clear of clutter.

- **Prevent Fires & Burns**
  - Have *working smoke alarms* and hold fire drills. If you build a new home, install fire sprinklers.
  - *Stay by the stove* when cooking, especially when you are frying food.
  - Keep your *hot water at 120°F degrees* to prevent burns. Use *back burners* and *turn pot handles* toward the back of your stove. Use a *travel mug* when you drink something hot.

- **Prevent Poisonings**
  - Keep cleaners, medications and beauty products in a place where children can’t reach them. Use *child safety locks*.
  - For *Poison Help* call 1-800-222-1222. Call if you need help or want information about poisons. Call 9-1-1 if someone needs to go to the hospital right away.

- **Prevent Choking & Suffocation**
  - *Things that can fit through a toilet paper tube can cause a young child to choke*. Keep coins, latex balloons and hard round foods, such as peanuts and hard candy where children cannot see or touch them.
  - Place babies to sleep on their backs, alone in their crib. *Don’t put pillows, blankets, comforters or toys in cribs*. These things can sometimes keep a baby from breathing.
  - When your *children are in or near water*, watch them very carefully. Stay close enough to reach out and touch them. This includes bathtubs, toilets, pools and spas – even buckets of water.