

# Home Safety Month

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Ask Minnesotans where they feel safest and most will say their own home. And yet, eighty percent of injuries and fires will happen in the home. The Home Safety Council has dedicated June as “Home Safety Month”. Try these safety checks in your home:

## **Turn Up the Lights-**

- Make sure porches, hallways and stairwells are well lit.
- Use nightlights that do not give off heat.
- Have nightlights installed in the bedroom, hall, and bathrooms.
- Keep flashlights in high traffic areas of the home for emergency lighting. Never use candles in these situations.

## **Make the Bathroom Safe-**

- Have a grab bar by the toilet, tub or shower.
- Have a mat or non-slip strips in the tub.
- Wipe up spills when they happen.

## **Protect Stairs and Steps-**

- Have handrails on both sides of the stairs.
- Make sure handrails go from the top to the bottom of the stairs.
- Don't use small rugs in these areas. Any rugs being used in the home should have anti-slip backings.
- Don't put things on the stairs that you can trip over.

## **Don't Let Your Water Get Too Hot-**

- Set your water temperature at 120 degrees or less.
- Don't let little children use the sink or tub without help.
- Kitchen pots and pans are not good pretending toys.
- Install anti-scalds devices in faucets in homes with young children.

## **Have Smoke Alarms That Work-**

- Have working smoke alarms on each level of your home, in the bedrooms and in the hallway outside the bedrooms.
- Test the smoke alarm every month and change your batteries when you change your clocks.
- Install new smoke alarms every 10 years.

## **Have an Escape Drill-**

- Make a plan.
- Sleep with your bedroom doors closed. This buys precious time in a fire situation.

- Know two ways out from each room. If you are on the second floor, have an escape ladder.
- Have a family meeting place where the entire household agrees to meet. Remind children, their only job in a fire is to *get low, get out and stay out!*
- Practice your plan. This is what they remember is an emergency situation.

#### **Know the Number for Poisonings-**

- There is a new number for poison control. It is now like calling 911 and is your direct line to poison control help. **1-800-222-1222**. Keep it near all phones in your home.

#### **Lock Up Poisons-**

- Get familiar with what is a poison in your home. Look for words such as, “caution”, “warning”, or “danger” on the box or label. You might find them in your medicine cabinet, but also in your purse, kitchen cupboards, garage, bathroom and bedrooms.
- Remember, if you can get it, they can get into it!
- Over-the-counter medications, including vitamins and pain remedies should also be locked up.
- Lock up chemicals used for cleaning.
- Keep poisons away from food and drinks.
- Remember the number one place for a child to be poisoned is in their grandparent’s home.

#### **Carbon Monoxide Poisoning-**

- Install a carbon monoxide detector in your home. Make sure it is battery-backed and is digital. Install it in a high traffic area of your home, within 10 feet of your bedrooms.
- Get in a habit of looking at the digital readout. If the number begins to rise, open your windows and doors and call your gas company. If detector is alarming and anyone is sick, get out of the home and call 911!
- Replace the detector every 5 years and the battery every six months when you change your smoke alarm batteries.
- Make it a habit to have your gas appliances checked once a year to ensure proper working order.
- Have your fireplace cleaned and inspected every year.

Want some help? Call the Spring Lake Park-Blaine-Mounds View Fire Department for a **FREE** Home Safety Survey @ **763-786-4436 Ext. 104**. It is a non-threatening, confidential, room to room check of your home by a firefighter. Your awareness of potential fire, injury or crime hazards in your home is heightened. If children are present, a fire drill is done. If smoke alarms are needed, one can be installed for free. All information is protected by Data Privacy. It is done at *your* convenience and it is **FREE**. A resident completing the Home Safety Survey will also receive coupons for a:

- **Free** large 2-topping pizza at Chanticlear Pizza, 914 125<sup>th</sup> Lane in Blaine

- **Free** ice cream cone at Big Dipper ice cream store, 1250 126th Ave or at 65/109<sup>th</sup> Ave, in Blaine.
- **Free** 3-month subscription of the Spring Lake Park-Blaine Life newspaper
- **Free** Subway sandwich at 12410 Aberdeen St. in Blaine

We are here to make your life safer, let us help!