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JUNE IS HOME SAFETY MONTH
Spring Lake Park, Blaine and Mounds View Residents Urged to Take a Hands-on Approach Against the Five Leading Home Hazards

June 2007 – While most people claim they feel safest in their homes, Home Safety Council research shows that nearly 20,000 deaths and 21 million medical visits occur on average each year as a result of injuries in and around the home. During Home Safety Month in June, the **Spring Lake Park-Blaine-Mounds View Fire Department** is urging residents to take simple steps to make their homes a safer environment from the five leading causes of home injury – falls, poisonings, fires and burns, choking/suffocation and drowning.

“During June, **Spring Lake Park-Blaine-Mounds View Fire Department** is working with the Home Safety Council to remind residents about simple but potentially life-saving changes they can make in their homes today,” said **Rebecca Booker**. “Creating a safe home doesn’t require a lot of time or money, but home safety needs to be an ongoing priority to help avoid serious injuries.”

Simple Tips to a Safer Home

New Home Safety Council research found that while the majority of U.S. adults think about home safety often, very few take action. The **Spring Lake Park-Blaine-Mounds View Fire Department** is joining the Council’s *Hands on Home Safety* campaign, by asking families to make safety improvements in their homes this month, and throughout the year. Follow these simple steps to protect your family from the leading causes of home injury.

Prevent Falls

- Have grab bars in the tub and shower.
- Have bright lights over stairs and steps and on landings.
- Have handrails on both sides of the stairs and steps.
- Use a ladder for climbing instead of a stool or furniture.
- Use baby gates at the top and bottom of the stairs if babies or toddlers live in or visit your home.

Prevent Poisoning

- Lock poisons, cleaners, medications and all dangerous items in a place where children can’t reach them.
- Keep all cleaners in their original containers. Do not mix them together.
- Use medications carefully. Follow the directions. Use child resistant lids.
- Install carbon monoxide detectors near sleeping areas.
- Call the Poison Control Center at 1-800-222-1222 if someone takes poison. This number will connect you to emergency help in your area.

Prevent Fires and 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 space heaters at least three feet away from anything that can burn. Turn them off when you leave the room or go to sleep.
- If you smoke, smoke outside. Use deep ashtrays and put water in them before you empty them. Lock matches and lighters in a place where children can't reach them.
- Only light candles when an adult is in the room. Blow the candle out if you leave the room or go to sleep.

Prevent Choking and 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, out of children's reach.
- Place children to bed on their backs. Don't put pillows, comforters or toys in cribs.
- Clip the loops in window cords and place them up high where children can't get them.
- Read the labels on toys, especially if they have small parts. Be sure your child is old enough to play with them.
- Tell children to sit down while they eat and to take small bites.

Be Smart Around Water

- Stay within an arm's length of children in and around water. This includes bathtubs, toilets, pools and spas – even buckets of water.
- Put a fence all the way around your pool or spa. Always keep the gate closed and locked.
- Empty large buckets and wading pools after using them. Keep them upside down when not in use.
- Make sure your children always swim with a grownup. No child or adult should swim alone.
- Keep your hot water at or below 120° F degrees to prevent burns.

For more free injury prevention tips and other Home Safety Council resources, visit www.homesafetycouncil.org. To have a **free** *Home Safety Survey*, contact the Spring Lake Park-Blaine-Mounds View Fire Department at 763-767-4003.