



Your Health Advocacy and Information Newsletter

National Safety Month - A Safe Home is in Your Hands

June 2009

The summer season marks the time for families to enjoy some of America's favorite summer pastimes- barbecues, pool parties and backyard parties. Don't spoil your family's fun with a trip to the



emergency room. Follow these simple steps to make sure your family and friends do not fall victim to some of the most common summer safety hazards. The Home Safety Council urges families to put safety first and avoid three of the leading causes of unintentional injury or death at home while enjoying the summer months:

- ✓ Falls: Cover areas under and around playgrounds with soft materials such as hardwood chips, mulch, pea gravel or sand.
- ✓ Fires and Burns: Make the grilling area a "no-play" zone for children and keep grills away from shrubs and bushes.
- ✓ Drowning: Always practice constant supervision around swimming pools and any standing water.

Have a Safe Backyard

Lawn mowing and landscape projects top the list of household chores when it comes to preparing for backyard parties and events. The simple act of yard work can be full of potential injuries if you're not careful.



The State of Home Safety in America Report (2002), found that 239,000 people visited emergency rooms after injuries from yard and garden equipment in a single year studied. The Home Safety Council suggests these tips to make sure your backyard doesn't become an injury trap:

- ✓ Wear goggles and ear plugs while using outdoor tools to prevent sight and hearing-loss injuries. Wear close-toed shoes when mowing.
- ✓ Keep all garden tools out of children's reach and store them with tines, blades or spikes pointing down.
- ✓ Store automotive fluids and pesticides in their

"We all have the most critical tools needed to make the largest impact on our home's safety....our own two hands."

original containers and out of the reach of children (if possible, in a locked cabinet). Only mix and store pesticides in containers not used for eating and drinking.

- ✓ Purchase ear and eye protection for outdoor tools.

Create a Vacation Checklist

Planning a trip? Invest some time and review your home's security to make changes that will keep it from being open to break-ins. Follow these guidelines to make sure your home is secure:

- ✓ Use indoor and outdoor lighting.
- ✓ Inspect entry doors and door frames. Check to make sure all door and window locks are working.
- ✓ Do yard work before you leave. Trim limbs that could be used to access upper windows.
- ✓ Give a spare house key to a close friend or family member and ask them to check your home.