

JULY 2022

Level Up Your Home Safety Game

PHYSICAL

DEVELOPMENTAL

SOCIAL

ENVIRONMENTAL

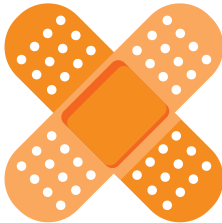
FINANCIAL

EMOTIONAL



Prevent Falls

- Keep floors clear of tripping hazards (toys, shoes, clothing, papers)
- Use non-skid rubber mats in kitchens and bathrooms
- Anchor area rugs with double-sided tape, rug grips, or eliminate them altogether
- Install grab bars, handrails and other assistive devices in areas used by elderly household members
- Secure safety gates around steps and stairs to protect young children and the elderly
- Use non-slip grips on sidewalks and outdoor steps



Prevent Cuts

- Keep kitchen knives, scissors, utility knives, razors and other sharp household items stored securely when not in use
- Use kitchen knives only at the cutting board – don't carry them around the kitchen
- Maintain sharp knives – dull knives can slip while in use and cause injury



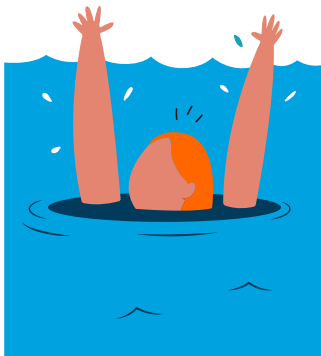
Prevent Poisoning

- Keep all medications, cleaning supplies, paint, auto fluids, lawn and garden treatments and any chemicals locked in cabinets
- Install carbon monoxide and radon detectors and regularly test the batteries



Prevent Burns/Scalding

- Be mindful of your hot beverage – they are responsible for most burns and scalds in children under five years of age
- Set the temperature on your water heater below 120 degrees Fahrenheit
- Keep children a safe distance from campfires, stoves, irons, hair straighteners, matches, hot glue guns, hot plates and other items that are hot or produce a flame
- Ensure there are functioning and regularly tested smoke alarms in every room, fire extinguishers and an escape route that the whole family understands



Prevent Drowning

- Never leave children unsupervised around water, even just a few inches deep, even for a few seconds
- Supervise during bath time and immediately empty water out of the tub and all bath toys
- Install a lid lock on the toilet seat
- If you have a pool:
 - Adult supervision is a must
 - Always swim with a buddy
 - Install fencing at least five feet high on all sides and secure gates with locks that children cannot reach
 - Use a pool cover and/or alarm when pool is not in use
 - Remove pool toys from the water when finished to prevent children from trying to retrieve them
 - Adults should avoid alcoholic beverages and other substances that dull the senses and reaction time
 - Learn CPR and keep a cell phone nearby in case of emergency

Check out this year's Way to Wellness topics and download our 2022 companion calendar with more great tips and challenges to track for each month. Stay tuned for upcoming topics!