



How To Prevent Accidents At Home

Did you know???

An accident or injury **can happen in any part of your home**. Some potential dangers are obvious - such as a toy truck left lying at the top of the stairs or even on the floor. Others are not so easily identified - such as a stairway railing that has become loose or a loose nail at the door.

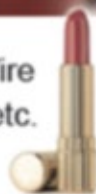
Would You Care???

While most of the accidents at home are not deadly, they still cause **pain and suffering through wounds and other injuries**. To have a healthy community thus, homes must have a safe and secure environment.



Potential Sources of Accidents at Home

- ☐ Home appliances and Broken Wire
- ☐ Chairs, tables, and flower vase etc.
- ☐ Medicines
- ☐ Bath soap and detergent soap
- ☐ Cosmetics like make-up and lipsticks
- ☐ Matches, lighter, fire crackers, gas stove and etc.
- ☐ Tile, bathroom and toilet cleansers
- ☐ Mosquito repellent spray and moth balls
- ☐ Knife, spoon and forks
- ☐ Household parts like the stairs, doors, windows and etc.



NOTE: Almost all equipment or any substance can cause harm or danger to one's health. This will depend on how you will use those things.

Common Injuries or Accidents at Home

- Accidents that happen in the kitchen are usually caused by burn related wounds and break or crack in a bone by falls.
- Older children are less likely to be involved in an accident at home since they are more conscious and aware to their environment.
- Common injuries caused by home accidents are burns and scalds.
- Aside from bone fracture, fatal injuries that happen in homes are electric shock and chemical poisoning.



Do Accidents Usually Happen at Home???

Where:

Most accidents usually happen in the living or dining room. Most serious accidents happen in the kitchen and on the stairs.

When:

- Most incidents happen between late afternoon and early evening, during summer, school holidays and at week-ends.
- It also happens during when people are in tension, and if they are in a hurry.
- Also in over crowded places especially in places with poor housing condition.
- If the place is not so familiar.



Why **KIDS** are at **RISK**:

- Children are the most common victims of home accidents
- Children 5 years old and below are the most common victims of accidents at home.
- Young boys are more likely to have accidents than young girls.



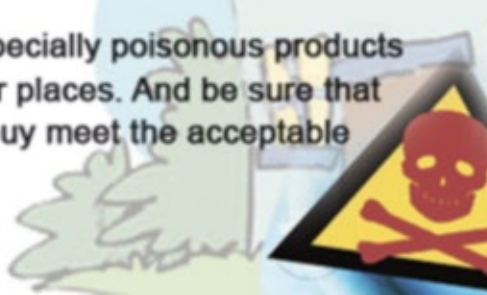
Why???

- Children usually have a short height, with a playful attitude and lack of knowledge with personal safety.



FACTORS THAT HELP DEVELOP A SAFE ENVIRONMENT AT HOME:

1. Good planning and designing such as having fire extinguisher and stair gates makes a house a safer place to live.
2. Informing and increasing knowledge of the effects of accidents in different environment and giving ways on preventing it.
3. Being involved in the community and local consultation can make a strong sense of commitment and ownership. Accident prevention initiatives who have been influenced by the community are more likely to reflect local need and therefore encourage greater commitment.
4. Keep products, especially poisonous products in safer and proper places. And be sure that the products you buy meet the acceptable levels of safety.



Protecting Your Family

There are two steps everyone can take to protect children at home.

Step#1: **Childproof your home.**

The best way to find dangers your child might encounter is to explore your home at her level – by getting down on your hands and knees. Cover every room, asking yourself what looks tempting and what is within reach (between the floor and about 40 inches above). Also, check carpets for buried dangers like pins or coins.

Step#2: **Understand that childproofing can never be 100 percent effective.**

That's why it's so important to supervise your children at all times, especially around water, in the kitchen and bathroom, and wherever known hazards exist.

Childproofing Basics

In the kitchen:

- Keep hot foods and liquids away from young children. The vast majority (95 percent) of microwave burns among children are scald burns. Microwave burns are typically caused by spilling hot liquids or food, and injuries are primarily associated with the trunk or the face.
- Use the back burners on the stove and turn pot handles toward the back of the stove.
- Keep glassware, knives, appliance cords, placemats and tablecloths out of reach and away from the edge of counters and tables. If your child is visiting someone else's home, ensure dangerous items are stored out of reach during your child's stay.





In the bathroom:

- Set the thermostat of your hot water heater no higher than 120 degrees Fahrenheit to reduce the chance of scald burns. It takes just three seconds for a child to sustain a third degree burn from water at 140 degrees Fahrenheit.

- Lock medicine cabinets. Even items as seemingly harmless as iron pills and mouthwash can be dangerous for a young child.



- **Install toilet locks.** Unlike adults, children's weight is concentrated in the top half of their bodies. When they lean into a toilet bowl, they may lose their balance, fall forward and drown in as little as 1 inch of water.

- Request child-resistant packaging. But keep in mind that child-resistant containers are not childproof. These medicines still need to be locked up out of a child's reach.

- Remove sharp utensils and appliances. Razors, scissors and blow dryers are better kept in an adult's bedroom, locked out of children's reach.



In the bedroom:

*** DON'T SMOKE IN BED**



*** BEWARE OF OLD CRIBS.**

Baby furniture built even a decade ago might not meet some of today's safety standards. Sharp edges, corner post protrusions and dangerously spaced slats can be deadly.



*** Keep cribs and low-standing furniture (beds, bookshelves, toy boxes, chairs) away from windows, preferably against another wall.**



*** Infants and toddlers can pull on inner or "lift" cords of window blinds creating loops large enough to pull around their necks and strangle. The problem occurs when a corded window blind or shade is lowered but not locked into position. This leaves a small amount of slack on the inner cord and the child can pull it around her neck.**

ALWAYS LOCK BLINDS WHETHER THEY ARE UP OR DOWN.



Around the house:

- **CHECK FOR FIRE HAZARDS.** Look for frayed electrical wires or flammable materials near heat sources such as space heaters. Never run electrical cords under rugs. Make sure that your home, and any home your child visits, has working smoke alarms in every sleeping area and on every level.

- **Install carbon monoxide detectors** in every sleeping area and check batteries often. Exposure to even low levels of this poisonous gas can be fatal to a small child.



- **USE SAFETY GATES.** Stair falls tend to result in severe injuries. Use safety gates at the top and bottom of stairs to keep infants and toddlers out of harm's way.



- **Cover all unused electrical outlets.**





- If **FIREARMS** are kept in the house, keep them **LOCKED, UNLOADED** and **STORED OUT OF REACH.**



Secure ammunition in a separate, locked location.

- Install window guards on all windows that are not emergency exits. Window guards can be purchased at your local hardware store.



- Young children love to climb on furniture and use drawers and shelves as steps. However, children can sustain crush injuries as furniture can easily tip over on them. Secure bookcases, shelving, and heavy furniture to walls with brackets and anchors. When storing items, put heavier items on bottom shelves and in bottom drawers.

- Large items
microwaves,
appliances
stands and fall
Use broad -
TV's and
Secure carts
to walls. Avoid
tables to hold



such as TV's,
fish tanks and
can topple off
on children.
based carts for
appliances.
and appliances
using pedestal
heavy items.



- *Supervise children
and toddlers at all times
around furniture.*



For emergencies:

- Post emergency numbers by telephones.

Post phone numbers for the poison control center, pediatrician, police, fire department, emergency medical services and a neighbor by every telephone. Also, clearly post the home address so that parents, caregivers, and children can easily tell emergency personnel how to locate the home.



- *Keep first aid supplies on hand.*

FACTS ABOUT FALLS

Even a minor fall can have a serious impact on your well-being and quality of life. Falling does not need to be an inevitable part of getting older and there is a lot one can do to reduce the risk of having a fall.



Are you a Safe Person ?

There are a lot of things you can do to help keep yourself safe and help your friends safe from injury.

Explore this page to find out more. Check out these games. You'll see that being safe is no great mystery.

What's Wrong in Here?!

This house is full of electrical hazards!

See if you can help this family find all of the electrical faults in the rooms. Spot and cross out the potential hazards to keep a safe and clean home environment.



The Bathroom is always a dangerous place for electrical hazards. Please help Mother find potential hazards in the bathroom.

There's a baby in The Kitchen! What's going wrong in here?





The Bedroom has three electrical hazards.



Dad is having a lot of problems in
The Living Room.

Try and help Dad find potential hazards!

- THE BEDROOM:**
- Cigarette butts/ Broken lampshade/ Open electrical circuits and wires
- THE BATHROOM:**
- Electrical plug/ outlet is near the water basin and the faucet
- THE KITCHEN:**
- Baby crawling on the floor, reaching out to an electric cord
 - Electrical outlet is near the water basin and the faucet
 - Blender is almost toppling near the water basin
- THE LIVING ROOM:**
- Overlapping of electrical wires
 - Dad pulling the electric cord
- ANSWERS!*

Activities You Can Do To Your Community

Activity 1: IDENTIFICATION OF PREVENTABLE HAZARDS AT HOME

Materials:

1. Manila Paper / Cartolina
2. Marker / Pentel Pen
3. Adhesive Tape

Instructions:

1. Gather your participants.
2. Group yourselves into teams. Each team should be given 1 flip chart. (Manila Paper), whiteboard marker (red, blue and black), and adhesive tape.
3. Group assignments:

Group 1 - Write 10 possible causes of accidents and their preventive measures in a kitchen.

Group 2 - Write 10 possible accidents and their preventive measure in using cleaning equipment.

Group 3 - Write 10 possible accidents and their preventive measure in a garden or backyard.

Group 4 - Write 10 possible accidents and their preventive measure in a living room (Sala).

Each group will be given 5 minutes for preparation and 3 minutes for presentation.



NOTE: The main idea of this activity is to find out the interest and the idea about Home Safety.



Activity 2: **SPOTTING OF HAZARDS**

Materials:

1. Pen and Papers

Instructions:

1. Gather your participants.
2. Group yourselves into teams.
3. Each team will be given a task to observe and spot hazards in a specific area in the community.
4. Write or document what ever hazards that each group will see and once finished the groups should go back to the meeting place.
5. Each team must collate their assessment and come-up with a recommendation that will be presented to your local chapter and to be submitted to persons concerned in the community for evaluation.



References:

- *LEONARDO P. EBAJO
Author, Accident Prevention & Home Safety
PRC National Field Rep. - Safety Services
- * AADS - American Association of Orthopedic Surgeon
- * ARC - American Red Cross



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National Headquarters
Bonifacio Drive, Port Area, Manila
(632) 527-0000 / 143
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