

### Home Hazards and Reducing Risk!

'Accidents' just happen – or do they? Our homes are full of things that could cause serious injury, permanent disability or death, but most 'accidents' in the home aren't accidental – they could be avoided or prevented!

First of all, keeping safe is about paying attention to what you're doing. It's easy to get distracted if you're:

- in a rush
- listening to music
- talking to someone or on the phone
- daydreaming
- carrying something
- having difficulty seeing
- feeling dizzy
- concentrating on an activity.

Secondly, it's about being aware of what could be dangerous and the likely consequences of certain actions. If you have younger brothers or sisters, or pets, you also need to keep them safe by making sure that dangerous things aren't left lying around, and that they don't go near candles, open flames or hot electrical items. You have to be extra careful when you visit friends' and relatives' houses, and keep an eye out for possible dangers there too.

Hazard	Examples
<b>Sharp objects</b>	<ul style="list-style-type: none"> <li>● razors left out in the bathroom</li> <li>● sharp scissors left loose in a drawer</li> <li>● broken glass on the floor</li> </ul>
<b>Electrical appliances</b>	<ul style="list-style-type: none"> <li>● hair straighteners left switched on, on the bed</li> <li>● using light switches with wet hands</li> <li>● computers with damaged cables</li> </ul>
<b>Fire and flames</b>	<ul style="list-style-type: none"> <li>● candles left unattended</li> <li>● clothing left on radiators</li> <li>● laptops left switched on overnight</li> </ul>
<b>Heat</b>	<ul style="list-style-type: none"> <li>● chip fryers overfilled and knocked over</li> <li>● hot water in the bath</li> <li>● hot iron left unattended</li> </ul>
<b>Falls</b>	<ul style="list-style-type: none"> <li>● falling down the stairs</li> <li>● falling from a ladder</li> <li>● heavy items falling on you from a high shelf</li> </ul>
<b>Tripping or slipping</b>	<ul style="list-style-type: none"> <li>● tripping over electric cables</li> <li>● slipping on wet bathroom floors</li> <li>● tripping over mess left on the floor</li> </ul>
<b>Poisons</b>	<ul style="list-style-type: none"> <li>● cleaning products on the skin</li> <li>● food poisoning from out-of-date, uncooked or dirty food</li> <li>● alcohol or glue poisoning</li> </ul>