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June is Home Safety month, tips to stay safe

By Roanoke Fire-EMS news release

Every year, nearly 20,000 people die and 21 million medical visits are needed due to home accidents in the United States, says the U.S. Home Safety Council. June is Home Safety Month – here are some tips to keep you safe in your home!

Here's a list of the top 6 accidents that happen in your home:

1. Cutting yourself with a knife.
2. Slamming fingers in doors/windows.
3. Falling down the stairs (Shocking fact: more people end up in U.S. Emergency Rooms because of fall related injuries than from any other cause.)
 1. Install grab bars/ use non-slip liners
 2. Use nightlights
 3. Keep stairs free of clutter
4. Getting burned while cooking (cooking is also the number 1 cause of fires!)
5. Falling out of windows. (Be sure to always supervise children, including and especially when they have access to an open window – consider using a window guard and never place a crib by an open window.
6. **Electrocution**

Here are few more tips from the Home Safety Council:

To prevent poisonings:

- Keep cleaners, medications, and beauty products in a place where children can't reach them.
- Use child safety locks on cabinets where potentially hazardous materials are stored.
- Ask your pharmacist for child-safety caps on all prescription medications.
- If you suspect that someone may have ingested a toxic or poisonous substance, call 9-1-1. For information about potential toxins in your home, call Poison Help at 1-800-222-1222.

To prevent fires and burns:

- Make sure to install smoke alarms in your home, and test them monthly to make sure they are working.
- Keep a fire extinguisher in the home, and easily accessible (not stuck in a closet behind old sports equipment).
- Have a plan of escape in the event of a fire, with alternate routes that take into account that fire won't always let you walk out the front door. If necessary, purchase rope ladders for upper story window exits. Hold fire drills for the whole family once a year.
- Adjust the water heater in your home so that the temperature can't exceed 120 degrees F.

To prevent choking and suffocation:

- Young children can choke on anything small enough to fit through a toilet paper tube. Keep coins, latex balloons, and hard round foods out of the reach of children.
- Place babies to sleep on their backs, alone in their crib. Don't put pillows, blankets, comforters or toys in cribs. These things can sometimes keep a baby from breathing.
- When your children are in or near water, watch them very carefully. Stay close enough to reach out and touch them. This includes bathtubs, toilets, pools and spas – even buckets of water.