

# The Importance of Home Safety

Every year, nearly 2,000 deaths and 21 million medical visits result from accidents within the home. This pamphlet provides many helpful tips to keep your home safe, as well as protect it from burglars. It is very important to follow these guidelines to provide a safe haven for you and your family. Further resources concerning home safety are provided on the back of this pamphlet.



# Resources



Home Safety Council  
[www.homesafetycouncil.org](http://www.homesafetycouncil.org)  
Phone: (202) 330-4900

State Farm Insurance Safety Tips  
[http://www.statefarm.com/learning/be\\_safe/home/home.asp](http://www.statefarm.com/learning/be_safe/home/home.asp)

Federal Information on Home Safety  
<http://www.consumer.gov/yourhome.htm>

US Fire Administration  
<http://www.usfa.dhs.gov>  
Phone: (301) 447-1000

Institute for Business and Home Safety  
<http://www.ibhs.org/>  
Phone: (813) 286-3400

Code Red Rover  
<http://www.coderedrover.org/>

Al-Shifa Clinic

Email: [alshifa@u.washington.edu](mailto:alshifa@u.washington.edu)  
Website: <http://students.washington.edu/u/alshifa>

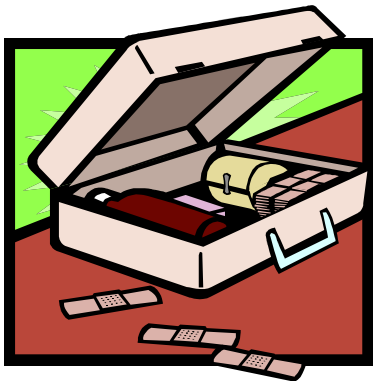
# Home Safety

*Helpful tips to keep your home safe and protected*

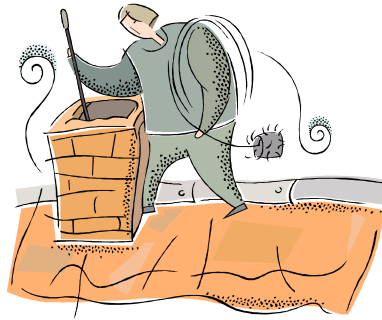


## Making the home a safer place

- Check your fire alarms twice a year to make sure they work and have fresh batteries
- Have an escape plan in case of a fire; be sure to explain this plan thoroughly to children and practice it regularly
- Keep a food kit and health kit (disaster kit) for any disasters that may occur, such as hurricanes or earthquakes, or extended power outages which includes
  - Supply of nonperishable food such as canned foods
  - A first aid kit with bandages, tape, scissors, needle, aspirin and other medication, rubbing alcohol
  - Two quarts of water for each person to drink every day
  - Temporary shelter
  - Battery-powered radio and flashlights
  - Sleeping bags
  - Cash



- Baby-proof your home if you have a baby or toddler
  - Place gates near the bottom and top of stairs
  - Put safety locks on cupboards that hold cleaners and chemicals
  - Put covers over electrical outlets
  - Clip the loops in window blind cords and keep them high up where kids cannot reach them
- Be sure to have your chimney checked and cleaned regularly



- Protect people from falls:
  - Place bright lights over stairwells and install banisters
  - Put sturdy grab bars near the bathtub
  - Place grip-mats on the bottom of the bathtub
  - Opt for carpeted stairs instead of polished hardwood stairs
- Install carbon monoxide detectors near sleeping areas
- Have your home checked for mold regularly

## Protecting your home from burglars

- Install a security system that involves flashing lights and a loud alarm, so as to attract attention from neighbors; test this system periodically
- If away for an extended time, make your home look as if it still inhabited: have a trusted neighbor pick up your newspapers and take out the trash, and install automatic light timers in the house
- Install motion detector lights around your house so that they light the doors and windows
- Always lock all doors and windows when you leave the house
- Use a peephole to identify visitors before opening your door
- If you have children, discuss home security with them, such as not talking with strangers about their home, its contents or family schedules
- Consult a good locksmith to make sure you have the correct types of locks on your doors and windows
- Organize or participate in an Apartment Watch or Neighborhood Watch program