

Home Safety

June is National Home Safety Awareness Month. Americans feel safest in their own home, however unintentional injuries in the home result in millions of medical visits each year. The top 5 areas in which accidents occur are: Poisoning, Falls, Fires, Choking/Suffocation, and Water burns/Drowning.

Poisonings: often occur from ingestion of cleansers by children.

Fires: often involve candles, cigarette smoking, and lack of smoke alarms in the house.

Choking/suffocation: most often involve children choking on toys or food.

Falls: affect the older generation and can be prevented by use of grab bars in the bathroom, brighter lighting or more lighting, and the use of handrails for stair climbing.

Water burns/Drowning: often caused by extreme hot water from the tap or an accidental drowning in a bathtub or pool.

Visit the National Institute on Aging for a home safety checklist:

https://www.nia.nih.gov/sites/default/files/2023-04/worksheet-home-safety-checklist_1.pdf