

**SPECIALIZED FAMILY CARE
Provider Training**

Category:	Pre-Service Training
Title:	Safety in the Home
Materials:	Hangouts from National Safety Council Website: Http://www.nsc.org
Goal:	Provider knows recommended home safety requirements
Credit Hours:	1 Hour
Date Developed:	February 2010
Developed by:	Donna McCune, SFC Program

This skill-building instruction has been approved for Specialized Family Care Provider training by:



Specialized Family Care Program Manager **Date** 8/24/2016



Content Reviewed by: Carol Brewster, FBCS **Date** 08-16-2016

Training Objectives:

- Specialized Family Care Provider can name of the top ten safety tips recommended by the Home Safety Council
- Specialized Family Care Provider can name fire prevention measures
- Specialized Family Care Provider can name ways to prevent falls within the home
- Specialized Family Care Provider can name water safety measures in the home environment
- Specialized Family Care Provider knows about window safety
- Specialized Family Care Provider knows how to prevent injury due to outdoor poisons and chemicals
- Specialized Family Care Provider knows how to access information to increase knowledge about home safety

Training Procedures:

- Provider initiated self-study
- Test completed by Specialized Family Care Provider
- Review of test responses by Family Based Care Specialist and Specialized Family Care Provider

I certify that I have completed all the materials associated with this training module. I feel that I have a basic understanding of the material completed.

Specialized Family Care Provider	Start Time	End Time	Date
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Reviewed by: _____
Family Based Care Specialist **Date**

PRE-SERVICE TRAINING SAFETY IN THE HOME

The following information is provided by the National Safety Council. Additional Information on other safety issues is available by accessing the website:

<http://www.nsc.org>

(If you desire additional information and do not have access to a computer, please notify your Family Based Care Specialist. Your FBCS will also be providing you with more in depth information on home safety as part of your continued training while an SFC provider.)

TOP CAUSES OF INJURY AND DEATH IN THE HOME

Is your home safe for your family? Follow these tips from the National Safety Council to protect the people you love.

Prevent Poisonings: In 2011, poisoning became **the #1 cause** of unintentional-injury-related death for all ages. Children are misusing prescription drugs at an alarming rate, and even over-the-counter medications, like cold medicines and sleeping aids, can be dangerous.

- Keep cleaners, medications and beauty products in a place where children can't reach them. Use child safety locks.

Outdoor Poisons & Chemicals:

- Read the labels of products you buy and keep in your home. If you see the words, "Caution," "Warning," "Danger," "Poison," or "Keep out of Reach of Children," be very careful.

- Store poisons in a place where children cannot see or touch them. Use child safety locks. Examples of products to keep locked up are: pesticides, automotive fluids, charcoal lighter, paint thinner, antifreeze, and turpentine. Ideally hazardous products should be stored in a locking cabinet.
- Keep products in the container they came in. Do not put them in a different bottle or jar.
- Do not mix products together because their contents could react together with dangerous results.
- When using harsh products, follow directions. Use gloves, eye goggles and masks if the label says so.
- Pesticides to kill bugs, mice and rats are extremely dangerous. If possible, have a professional help you.
- Mix insect sprays outdoors, away from areas used by your family and pets.
- For Poison Help call 1-800-222-1222. Call if you need help or want information about poisons. Call 9-1-1 if someone needs to go to the hospital right away.

Prevent Motor Vehicle Crashes: Motor vehicle crashes are the **2nd leading cause** of unintentional-injury-death. Impaired driving, distracted driving, speeding, and inexperience can cause a life to be cut short in the blink of an eye.

- Do not text or talk on a phone while driving
- Do not eat while driving
- Always have your child in an approved car seat
- Wear your seat belt
- Slow down

- Be aware of pedestrians, especially children
- Do not leave a child unattended in an automobile

Prevent Falls: Falls are the 3rd leading cause of unintentional-injury-related death, but for those over age 71; it is the #1 cause of death, according to the Injury Facts for 2015.

- Install grab bars in the tub and shower. Use non-slip mats
- Have bright lights over stairs and steps and on landings. Keep stairs clear of clutter
- Have handrails on both sides of stairs and steps. Make sure handrails go from the top of the bottom of stairs.
- It is easy to trip on small rugs. Tape them to the floor or do not use them at all.
- Keep the stairs clear.
- Have nightlights in the bedroom, hall, and bathroom.
- Have a mat or non-slip strips in the tub and shower.
- Have a bath mat with a nonskid bottom on the bathroom floor.
- Wipe up spills when they happen.

Protect Young Children

- Always watch your children.
- Use safety gates at the top and bottom of steps.
- Window guards can keep a child from falling out of window. Have window guards on upstairs windows.
- Cover the ground under playground equipment with a thick layer (9-12 inches) of mulch, wood chips or other safety material.

Outdoors

- Put bright lights over all porches and walkways.
- Have handrails on both sides of the stairs.
- Put ladders away after using them. Store ladders on their sides, in a shed or garage.
- Keep sidewalks and paths clear, so you don't trip.
- Fix broken or chipped steps and walkways as soon as possible.

Prevent Choking and Suffocation: Suffocation is the 4th leading cause of unintentional injury-related death over all age groups, and choking on food or other objects is a primary cause. For people over age 87 and older, suffocation is the 2nd cause of unintentional injury-related death.

- Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins, latex balloons and hard round foods, such as peanuts and hard candy where children cannot see or touch them.
- 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 carefully. Stay close enough to reach out and touch them. This includes bathtubs, toilets, pools, and spas—even bucket of water.
- Learn the Heimlich Maneuver

PREVENT DROWNING – Drowning is the 5th leading cause of unintentional-injury-related death over all ages, and the # 1 cause of death for children ages 1 to 4.

WATER SAFETY AT HOME:

Water in and around your home can be very dangerous for young children. They can drown in only an inch or two of water. Hot water can burn a child in seconds. You need to watch your children very carefully when they are in or near water.

Keep Children Safe from Drowning: In the Bathroom

- Always stay close enough to touch your child when he or she is in or near the bathtub, toilet, pools, spas or buckets. Watch them every second.
- Only grownups should be in charge during bath time.
- Do not leave young children in the tub alone with older children.
- Baby bath seats are not a safety device. They should never take the place of an adult.
- Drain the bathtub as soon as bath time is over.
- Keep the bathroom doors closed. Use an outside lock or a door cover to keep young children out of the bathrooms when you are not with them.
- Use toilet seat locks and keep toilet lids closed.
- Empty all buckets when you are done using them. Store them upside down. Store large buckets where children cannot touch them.

Keep Children Safe from Drowning: In or near the Pool

- Put a fence all the way around your pool or spa. The fencing should be at least five feet high and a self-closing and self-latching gate. Always keep the gate closed and locked.

- Always stay close enough to touch your child when he or she is in or near the pool.
- Make your child wear a Coast Guard approved life vest if they are not very good swimmers.
- No child or adult should swim alone.
- Pool drains are dangerous. They can trap a child under water. Cover your drain with a safety guard (You can get them at a pool supply store). Teach your children to stay away from the drain and filters. Teach them never to sit on a pool drain.

Prevent Fires & Burns: Fire is the 6th leading cause of unintentional-injury-related death over all ages.

- Have working smoke alarms and hold fire drills. If you build a new home, install fire sprinklers.
- Stay by the stove when cooking, especially when you are frying food.
- Keep your hot water at 120 degrees to prevent burns. Use back burners and turn pot handles toward the back of your stove. Use a travel mug when you drink something hot.

Prevent Fires Caused by Cooking:

- Always stay in the kitchen while cooking.
- Keep things that can burn, such as dishtowels, paper or plastic bags and curtains at least three feet away from the range top.
- Begin cooking, roll up sleeves and use oven mitts. Loose-fitting clothes can touch a hot burner and catch on fire.
- Always stay by the grill when cooking. Your grill may stay hot for a long time. Keep children and pets away.

- Keep grills at least ten feet away from other objects, including the house and any shrubs or bushes.

Prevent Fires Caused by Matches & Lighters:

- Many young children are badly burned or die playing with matches and lighters.
- Store Matches and lighters in locked cabinet.
- If you must keep matches or lighters in your jacket or purse, put them in a place where children cannot see or touch them.

Prevent Fires Caused by Heating:

Space Heaters

- Space heaters need space. Keep them at least three feet away from things that can burn, such as curtains or stacks of newspaper. Always turn off heaters when leaving the room or going to bed.

Furnaces

- Have a service person inspect chimneys, fireplaces, wood and coal stoves and central furnaces once a year. Have them cleaned when necessary.

Fireplaces and Wood Stoves

- Keep things that can burn away from your fireplace and keep a glass or metal screen in front of your fireplace.

Prevent Fires Caused by Candles

- Only light candles when an adult is in the room. Do not allow children to keep candles or incense in their rooms.
- Always use stable candle holders made of material that won't catch fire, such as metal, glass, etc.
- Blow out candles when adults leave the room

Prevent Fires Caused by Gasoline and Other Products

- Gasoline is very dangerous. Inside a garage or home, gasoline vapors can explode with just a tiny spark.
- It is best not to keep any gasoline at home. If you must keep some, use a special safety container.
- If you can, keep the container in an outdoor shed away from your home. Close all the openings.
- Never bring or use gasoline indoors. Use it as a motor fuel only.

Other Products

- Read the label of everything you buy. If you see the words “Caution,” “Warning,” “Danger,” or “Flammable,” be very careful.
- Close the lid on all dangerous products and put them away after using them.
- Store them away in a safe place with a lock.

Keep Your Family Safe at Home

- Make a fire escape plan for your family. Find two exits out of every room. Pick a meeting place outside. Practice makes perfect—hold a family fire drill at least twice each year. **(Family Based Care Providers are to hold monthly fire drills.)**
- Install smoke alarms on every level of your home. There are two kinds of smoke alarms—photoelectric and ionization. If possible, get some of each kind or buy “combination” smoke alarms that have both types of sensors.
- Put them inside or near every bedroom. Test them monthly or make sure they work. Put in new batteries once a year.

- Know how to put out a small fire by sliding a lid over the flames.
- Teach every family member to “Stop, Drop, Roll & Cool” if clothes catch fire by dropping immediately to the ground, crossing hands over your chest and rolling over and over, and back and forth to put out the flames. Cool the burned area with cool water and seek medical attention for serious burns.
- Consider having a home fire sprinkler system installed in your new home, or when you remodel.
- Learn how and when to use a fire extinguisher.

Burn Prevention in the Kitchen

- Wear short sleeves or roll up your sleeves when you start to cook.
- Use long oven mitts to protect your skin.
- Use back burners. Keep the pot handles turned to the back of the stove.
- If you have young children, teach them to stay away from the stove. Put tape on the floor so they can see where the “no-kid-zone” is.
- It is not safe for children to use the stove or microwave alone. Teach children who are learning to cook to be safe from fires and burns.
- Learn how to prevent and extinguish a small pan fire. (See how to handle a kitchen fire section.)
- Wood stoves, fire places and other portable heaters get hot on the outside. Keep young children well away from these devices.
- Store matches, lighters and candles up high, or in a locked cabinet, so young children cannot reach them.

Prevent Burns from Hot Drinks

- Keep hot drinks away from the edge of tables and counters. Do not use table cloths or placements where young children can pull them down.
- Use a “Travel mug” with a tight-fitting lid for all hot drinks. This can help prevent a burn if the cup tips over.
- Do not hold or carry a child while you have a hot drink in your hand.

In the Bathroom

- How hot is the water coming out of your tap? Use a thermometer to check.
- Set your water heater at 120 degrees
- Fill the tub. Run your hand through the water to test for hot spots. Then help the children get in.
- When young children are in or near the tub, watch them closely. Young children and older people have thin skin and burn more quickly.

If You Burn Your Skin

- Cool it with running water right away.
- Keep the burned area in cool water for three minutes or longer. Do not put ice, butter, or lotion on it. That can make it worse.
- Call your doctor or 9-1-1 if the burn looks bad.

How to Handle Kitchen Fires

Pan Fires

- If you have a small pan fire on the stove, put on an oven mitt.
- Carefully slide a cookie sheet over the pan. A lid can also be used. This cuts off the oxygen and allows the fire to go down.
- Turn off the heat at the burner.

- Leave the pan covered and in place. Do not try to move it?
- Let the pan cool down before you take away the cookie sheet or lid.

Oven Fires

- Turn off the heat and keep the door closed. Call the fire department so that firefighters can check for possible flame spread.

Toaster Oven or Microwave Fires

- Keep the door closed. Unplug the appliance if you can safely reach the outlet. Call the fire department to report the fire. Have the appliance serviced before you use it again or replace it.

Using a Portable Fire Extinguisher

- If you know how to safely use a portable fire extinguisher, you may be able to put out a small fire, such as a toaster oven or trash fire. Always call the fire department before fighting the fire and make sure everyone else has left the building. Make sure your exit is not blocked by the fire.

Natural and Environmental Incidents

The National Safety Council lists this as the **#7 leading cause** of unintentional-injury-death.

- Learn about emergency preparedness
- Have an emergency kit on hand at home
- Have an emergency kit in your car and at least three days of food and water at home
- Be sure to store all important documents – birth certificates, insurance policies, etc. – in a fire-proof safe or safety deposit box

- Assign one family member the responsibility of learning first aid and CPR
- Know how to shut off utilities

OTHER TIPS

Bathroom Safety Tips:

The smallest room in your home can have many dangers. Drowning, burns, falls, poisoning, electrical shock—all these things can happen in your bathroom. Keep young children out of the bathroom unless you are watching them carefully. Here are some other ways to keep your family safe in the bathroom.

Prevent falls

- Have a grab bar by the bathtub and shower.
- Have a grab bar by the toilet.
- Put non-skid strips in your tub or shower.
- Have a bath mat with a non-skid bottom next to the tub and shower.
- Keep the bathroom floor clean and dry.
- Use nightlights in hallways and bathrooms.

Protect Young Children

- Don't let young children use the sink or tub without help. When children are in the tub, stay close enough to touch them.
- Know the things in your bathroom that are poisons.
- Look at the labels for the words “Caution,” “Warning,” “Danger,” “Poison” or “Keep out of Reach of Children” on the box or bottle.

- Keep all medications and cleaning products in the containers they came in. Keep labels on them.

Prevent Fire

- Blow out candles if you leave the room

Prevent Electrical Shock Injuries

- Keep hair dryers, curling irons and electric razors away from water.
- Always unplug appliances after using them.
- The electrical outlet in the bathroom should have a Ground Fault Circuit Interrupter (GFCI). This is a tool that protects you from a dangerous shock when water and electricity come together.
- If you don't already have one, an electrician can install a GFCI for you.

Window Safety at Home:

Protect Children from Window Falls

- Window screens are not strong enough to prevent a child's fall from a window.
- Install specially designed window guards on upper windows to keep children from falling out of windows.
- Buy window guards that have a quick-release mechanism inside the window. This will let you open the window fast in case there is a fire.
- Move furniture away from windows in children's rooms to keep them from getting too close.
- Never leave your children alone near open windows.

Window Cords

- Look at all your window coverings for inner and outer cord loops in blinds that could pose a danger to children.
- If your window blinds have loops, you can fix the problem. Call 1-800-559-2555 to request a free repair kit from the Home Safety Council and Lowe's.
- Move cribs, playpens, beds, and other furniture away from windows.
- Tie window cords up and out of a child's reach.

Use Gasoline Safely

- Gasoline is very dangerous inside a home or garage. Gasoline vapors can explode with just a tiny spark.
- It is best not to keep gasoline at home. If you must keep some, use a special safety container.
- If you can, keep the container in an outdoor shed away from your home. Close all openings.
- Never bring or use gasoline indoors. Use as a motor fuel only.

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- Always watch your children.
- Use safety gates at the top and bottom of steps.
- Window guards can keep a child from falling out of window. Have window guards on upstairs windows.

- Cover the ground under playground equipment with a thick layer (9-12 inches) of mulch, wood chips or other safety material.

Outdoors

- Put bright lights over all porches and walkways.
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- Put ladders away after using them. Store ladders on their sides, in a shed or garage.
- Keep sidewalks and paths clear, so you don't trip.
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