

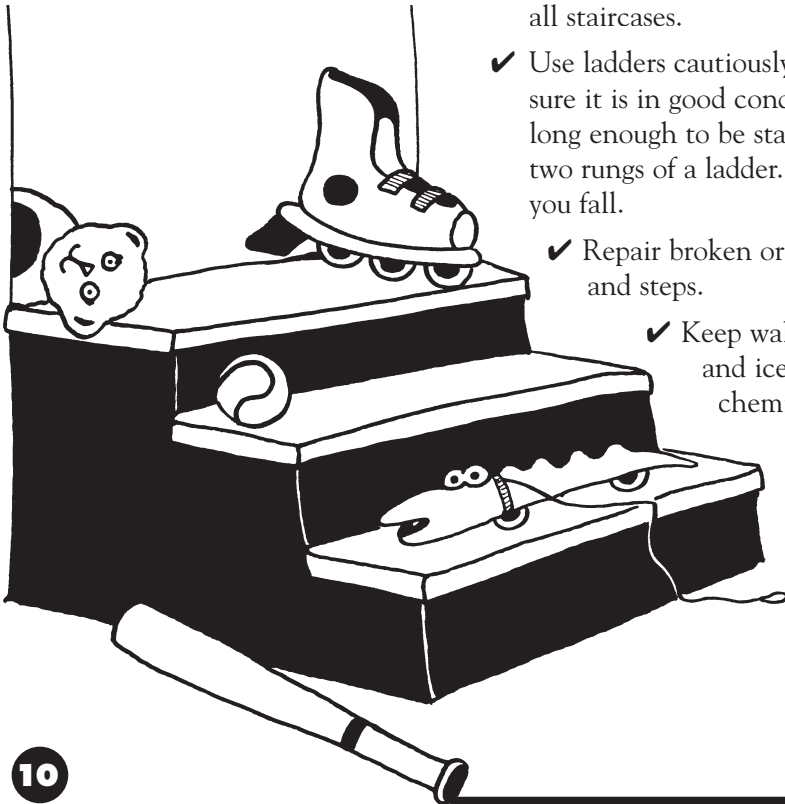
Injury Prevention

Your home should provide a safe place for your family to live. But does it? The most recent studies indicate that homes are not as safe as we might think.

Across the United States, 20,000 deaths and nearly 25 million injuries occur in homes each year. About 80,000 of these injuries cause some permanent impairment.

Healthy home tips to reduce the risk of falls

- ✓ Use slip-resistant coverings on hard-surfaced floors.
- ✓ Avoid overly thick carpets and rugs with confusing patterns, especially on stairs.
- ✓ Replace loose, torn, or frayed floor coverings.
- ✓ Inspect wooden stairs and floors and replace sections that are broken, warped, or rotted.
- ✓ Keep stairs and walkways clear of electrical cords, toys, and other clutter.
- ✓ Be sure outdoors or inside stairs and hallways are well lit and free of shadows.
- ✓ Install sturdy full-length handrails on both sides of all staircases.
- ✓ Use ladders cautiously. Before climbing a ladder, be sure it is in good condition, securely placed, and long enough to be stable. Never stand on the top two rungs of a ladder. Have a friend nearby in case you fall.
- ✓ Repair broken or uneven concrete in walks and steps.
- ✓ Keep walks and steps clear of snow and ice in winter. Spread sand or chemical melts on icy spots.
- ✓ Keep garden hoses, toys, skateboards, and other items off walks and steps.
- ✓ Install non-slip strips or mats and grab bars in the bathtub or shower.

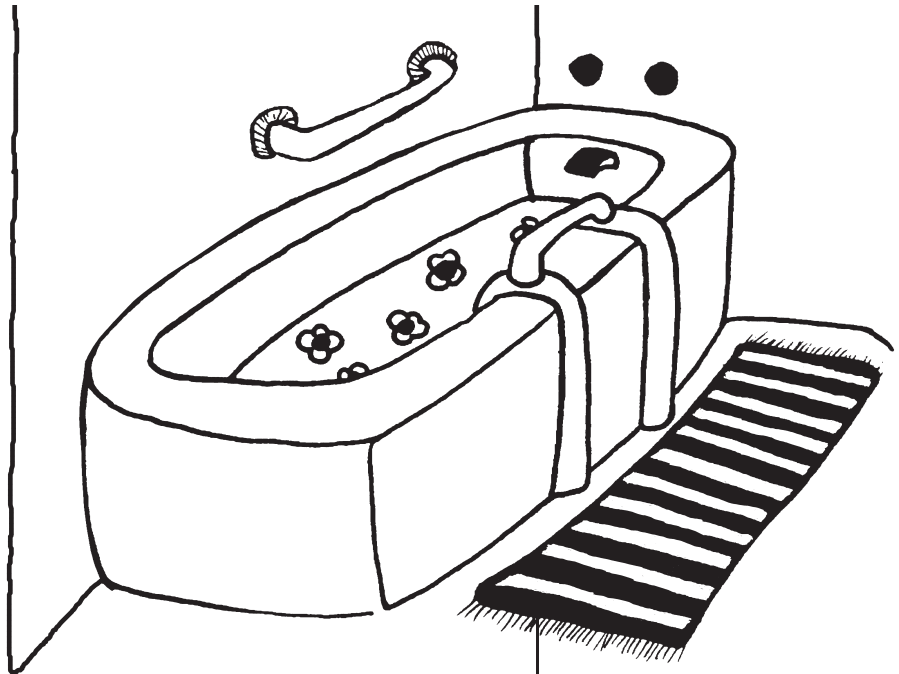


Protect young children from falls

- ✓ Don't allow children to jump or wrestle on beds or other furniture.
- ✓ Install rails on their beds to prevent young children from falling during their sleep.
- ✓ Don't use infant walkers. These cause many serious injuries each year, especially on stairs.
- ✓ Install safety gates at the top and bottom of all staircases if a toddler is present.
- ✓ Install guards on windows that are on the ground floor and up.
- ✓ Adjust automatic garage door openers so that they reverse easily when they hit an object.
- ✓ Buy bicycle helmets for anyone in your family who bikes. Remind children to wear them.

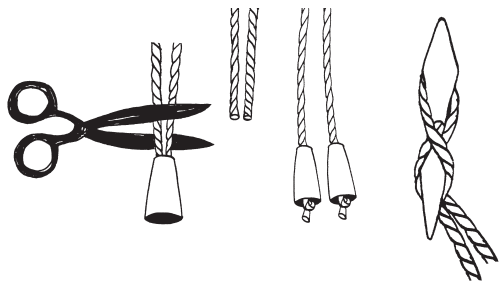
Slips, trips, and falls

Falls are the major cause of household injuries. Most falls occur when someone slips on an icy, wet, or slick surface; trips over a loose rug, toy, or other object; or stumbles on stairs. Falls can also occur from a roof, ladder, or furniture.



Suffocation, strangling, and choking

Each year hundreds of people die after choking on food, coins, or other small items. Most of these deaths involve infants, toddlers, and the elderly.



Water safety

Drowning is the sixth leading cause of accidental death. From 1999 to 2003, 338 Wisconsin residents died as the result of drowning. Many of these deaths could have been prevented.

Healthy home tips to prevent choking and suffocation

- ✓ Learn how to use the Heimlich maneuver to help someone who is choking.
- ✓ Keep small objects away from toddlers. Any object that is small enough to pass through a toilet paper tube poses a choking hazard.
- ✓ Place infants on their backs to sleep and avoid soft bedding. The American Academy of Pediatrics recommends that infants sleep on their backs on a firm crib mattress.
- ✓ Use cord wind-ups or tie-downs for drapery and blind cords or cut the ends of cord loops. Call 1-800-506-4636 for free repair kits for all blinds in your home.
- ✓ Remove drawstrings from children's clothing.
- ✓ Don't serve foods that are difficult to chew. Toddlers and some older individuals have difficulty chewing and swallowing certain foods. Raw fruits and vegetables, hot dogs, and other hard foods should be cut into bite-sized pieces before they are served.
- ✓ Remove doors before discarding old appliances.
- ✓ Keep plastic bags away from young children. Even thin plastic bags pose a suffocation hazard to children.
- ✓ Keep uninflated and broken balloon pieces away from children preschool-age and younger.

Healthy home tips on water safety

- ✓ Learn CPR. This easy-to-learn method can save the life of a person who has stopped breathing.
- ✓ Don't mix water and electricity. Never place electrical appliances like radios, hairdryers, or fans near a sink, bathtub, or pool.



Protect young children from water hazards

- ✓ Never leave a young child unattended near or in pools or tubs. Children love to play in water and can drown in a matter of seconds. Keep the toilet lid down when not in use and close the bathroom door. Empty bathtubs and buckets immediately after use. Store pails upside down outdoors to prevent accumulation of rainwater or snowmelt.
- ✓ Teach children to swim and talk to them about water safety.
- ✓ Enclose pools and hot tubs on all sides with a 5-foot fence and childproof, self-latching gate. Be sure the exterior of your home is not used as the fourth side of the fence.

Healthy home tips for gun owners

- ✓ Store firearms and ammunition separately in locked cabinets.
- ✓ Keep the keys for gun cabinets hidden or with you at all times.
- ✓ Take a gun safety course.
- ✓ Require all members of your household to learn gun safety rules.
- ✓ Remove ammunition from guns before storing them.
- ✓ Secure unloaded firearms with gunlocks.

Firearm safety

Every two hours someone's child is killed with a loaded gun. Handguns are intriguing to children, but they can kill instantly. Children and teenagers do not fully understand the dangers posed by firearms.

Suicide is the second leading cause of death among Wisconsin's teens and young adults. Many suicides are committed with handguns.

Gun owners have a responsibility to be sure their guns and ammunition are stored safely.

