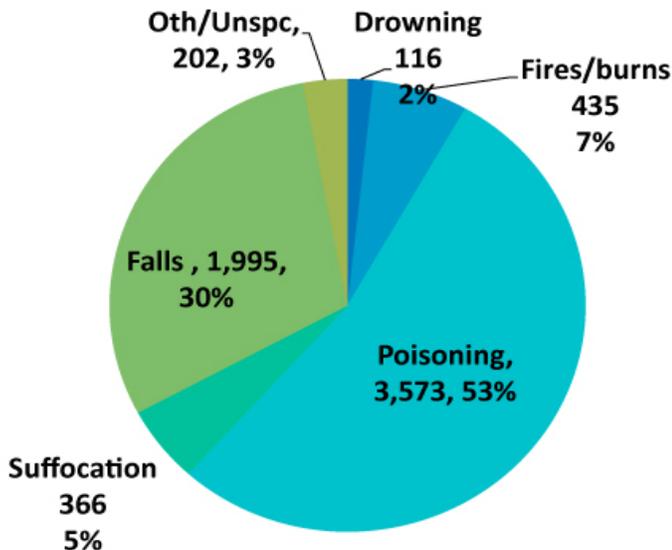


June is Home Safety Month

Get the Facts

- More than 18,000 people in the United States die each year from an unintentional injury that occurs in the home.
- The cost of unintentional home injuries exceeds \$222 billion annually in the United States. That's **\$717** for every person in the US.
- On average, there are approximately 21 million medical visits made each year due to unintentional home injuries.
- In Ohio, the leading causes of injury death in the home are poisoning, falls, fires/burns, choking/suffocation, and drowning.

Deaths from unintentional injuries in the home*, Ohio, all ages, 2004-2007**



*where location was known

**Source: ODH Office of Vital Statistics



Populations at Disproportionate Risk

According to the Home Safety Council, children under age 5 and adults over age 70 are the highest risk groups for home injury, both fatal and nonfatal.

Children

- An average of 2,096 children younger than 15 in the US die each year as a result of an unintentional home injury.
- Children younger than 15 experience an average of more than 3 million nonfatal unintentional home injuries every year.

Older Adults

- Each year, an average of more than 7,000 adults age 65 and older in the US die from unintentional home injuries.
- Adults age 65 and older experience an average of 2.3 million nonfatal unintentional home injuries annually.

There are many simple things you can do to help save lives and prevent injuries at home...

Prevent Falls

- Have grab bars in the tub and shower.
- Have bright lights over stairs and steps and on landings.
- Have handrails on both sides of stairs and steps.
- Use baby gates at the top and bottom of stairs, if babies or toddlers live in or visit your home.



Prevent Poisonings

- Lock poisons, cleaners and all dangerous items in a place where children cannot reach them.
- Store prescription medications out of the sight and reach of children, teens and anyone who might misuse them.
- Properly dispose of unused or expired prescription medication.



Prevent Fires and Burns

- Have working smoke alarms and hold fire drills.
- Stay by the stove when cooking.
- Keep space heaters at least three feet away from anything that can burn.
- Only light candles when an adult is in the room. Blow the candle out if you leave the room or go to sleep.



Prevent Choking and Suffocation

- 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, out of children's reach.
- Place children in bed on their backs. Do not put pillows, comforters or toys in cribs.
- Clip the loops in window cords and place them up high.



Be Smart Around Water

- Stay within an arm's length of children in and around water. This includes bathtubs, toilets, pools and spas.
- Put a high fence all the way around your pool or spa.
- Make sure your children always swim with a grownup. No child or adult should swim alone.
- Keep your hot water at or below 120F degrees to prevent burns.



For more information on keeping your home safe, please visit the following web sites:

Home Safety Council - www.homesafetycouncil.org/homesafetymonth

National Safety Council - www.nsc.org/safety_home/Pages/safety_at_hom.aspx

Ohio Violence and Injury Prevention Program - www.healthyohiprogram.org/vipp/injury.aspx