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## Home Safety for All

### Goals and Objectives

Goal– To provide action steps to ensure a safe home environment

### Objectives

- Knowledge: List the connections between health, well-being, and the home environment.
- Comprehension: Identify safety hazards in the home and near environment
- Application: List actions that can be taken to reduce safety hazards in the home, including: Falls; Fire; Poisoning; and Guns

Time: 30 – 45 minutes

### Lesson Materials:

- Home Safety for All PowerPoint
- Home Safety for All Evaluation
- How Safe is Your Home Quiz
- Healthy Homes Maintenance Checklist

### Participant Materials:

- How Safe is Your Home Quiz
- Home Maintenance Checklist
- Evaluation

### Outline:

1. Introduction
  - a. Activity: How safe is your home Quiz
  - b. Stats about why home safety is important
2. Knowledge: List the connections between health, well-being, and the home environment.
  - a. What is a healthy home?
  - b. Principles of a healthy home
3. Comprehension: Identify safety hazards in the home and near environment
  - a. Possible places in the home where people get injured.
  - b. Cover each of the items from the quiz
4. Application: List actions that can be taken to reduce safety hazards in the home.
  - a. Things that I can do to make my home safer
  - b. Things that I need help doing –know when and how to find help
5. Conclusion and evaluation

Optional activities:

- A. Household Items to make your home safer - show and tell of home safety Items
- B. Poison Look-Alikes [https://secure.caes.uga.edu/extension/publications/files/pdf/EBR-17\\_2.PDF](https://secure.caes.uga.edu/extension/publications/files/pdf/EBR-17_2.PDF)
- C. Invite a local fireman to demonstrate how to use a fire extinguisher
- D. Encourage members to complete a home safety checklist.

Helpful Websites:

<https://www.hud.gov/sites/documents/OHHLHCFLYERHOMESAFETY.PDF>

[https://content.ces.ncsu.edu/housing-safety-checklist-for-older-people#section\\_heading\\_9872](https://content.ces.ncsu.edu/housing-safety-checklist-for-older-people#section_heading_9872)

<https://content.ces.ncsu.edu/preventive-home-maintenance-check-up>

<https://content.ces.ncsu.edu/home-safety>

<https://nchh.org/resource-library/I-Science%20Supports%20Action.pdf>

<https://www.asecurelife.com/home-security/home-accident-statistics/>

<https://www.cpsc.gov/s3fs-public/464.pdf>

<https://www.nfpa.org/-/media/Files/Public-Education/Resources/Safety-tip-sheets/SmokeAlarms.ashx>

[https://secure.caes.uga.edu/extension/publications/files/pdf/C%201067\\_1.PDF](https://secure.caes.uga.edu/extension/publications/files/pdf/C%201067_1.PDF)

[https://www.hud.gov/sites/documents/DOC\\_12334.PDF](https://www.hud.gov/sites/documents/DOC_12334.PDF)

[https://www.fcs.uga.edu/docs/Home\\_Safety\\_CheckList\\_Print.pdf](https://www.fcs.uga.edu/docs/Home_Safety_CheckList_Print.pdf)

# How Safe is Your Home?



Try this fun quiz and see how you score!

1. Do you have smoke alarms on each floor?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
2. Do you have a carbon monoxide alarm?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
3. Do you check your smoke & carbon monoxide alarms regularly?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
4. Do you have a fire extinguisher?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
5. Do you wipe up floor spills right away?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
6. Are your stairs and hallways free from clutter?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
7. Are all rugs and carpets secured down?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
8. Do you store chemicals in locations that are secured?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
9. Do you properly dispose of medications regularly	Yes <input type="checkbox"/>	No <input type="checkbox"/>
10. Do you have handrails on the stairs and in the bathroom?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
11. Do you wear suitable sturdy footwear?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
12. Are your hall and stairways well lit?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
13. Can you easily switch on a light from your bed	Yes <input type="checkbox"/>	No <input type="checkbox"/>
14. Do you use a stepladder rather than climbing onto a chair to reach items	Yes <input type="checkbox"/>	No <input type="checkbox"/>
15. Do you store everyday items in easy to reach places?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Scores:

If you answered yes to 14 or more then Congratulations! You are doing well and you are less likely to have an accident.

If you answered yes to 10 – 13 then you are doing ok but take another look at your home and see how you can improve.

If you answered yes to less than 10 then WATCH OUT!! Look at your home and see what improvements can be made. Ask a family member or friend to help with any changes needed.

Don't delay – act today!

*Modified from the RoPSA and the Wales Home Safety Council Home Safety Quiz*





# National Center for Healthy Housing

National Healthy Homes Training Center and Network

## Healthy Homes Maintenance Checklist

The following checklist was developed for the Healthy Homes Training Center and Network as a tool for healthy home maintenance. A healthy home is one that is constructed, maintained, and rehabilitated in a manner that is conducive to good occupant health.

To maintain a healthy home, occupants should keep it dry, clean, well-ventilated, free from contaminants, pest-free, safe and well-maintained. Good home maintenance can act to

reduce allergens, prevent illness, and reduce injury from accidents. This checklist provides basic guidelines; items may need to be checked more often depending on local conditions and manufacturer suggestions.

*Developed for the National Healthy Homes Training Center by Terry Brennan and Ellen Tohn, technical advisors to the National Center for Healthy Housing.*

	Spring	Fall	Annual	As Needed	Pro Needed?
<b>Yard &amp; Exterior</b>					
Water drains away from house	●				
No trip, fall, choking, sharp edge hazards	●	●			
Fence around pool intact	●	●			
Check for signs of rodents, bats, roaches, termites	●	●			
Drain outdoor faucets and hoses		●			
Clean window wells and check drainage	●	●			
Clean gutters and downspouts	●	●			

	Spring	Fall	Annual	As Needed	Pro Needed?
<b>Basement &amp; Crawlpace</b>					
No wet surfaces, puddles	●	●			
Sump pump and check valve working	●	●			
Floor drain working	●				
Vacuum basement surfaces	●				
Check for signs of rodents, bats, roaches, termites		●			

	Spring	Fall	Annual	As Needed	Pro Needed?
<b>Exterior Roof, Walls, Windows</b>					
Shingles in good condition	●				
Check chimney, valley, plumbing vent, skylight flashing	●				
Make sure gutters discharge water away from building	●				
Check attic vents		●			
Check attic for signs of roof leaks	●				
Check for icicles and ice dams			winter		
Look for peeling paint	●				
Look for signs of leaks where deck attaches to house	●				
Check below window & door that flashing intact	●				
Repair broken, cracked glass		●			
Look for signs of leaks at window and door sills	●				
Clean dryer vent	●	●			
Check exhaust ducts are clear	●	●			

Maintenance Checklist continued on next page



## Maintenance Checklist (continued)

	Spring	Fall	Annual	As Needed	Pro Needed?
<b>Interior Walls, Ceilings, Windows, Doors</b>					
Check for signs of water damage			●		
Check operation of windows and doors	●				
Lubricate and repair windows and doors				●	

	Spring	Fall	Annual	As Needed	Pro Needed?
<b>Plumbing, Fixtures and Appliances</b>					
Check washer hoses-connections			●		
Check dishwasher hoses for leaks			●		
Check toilet supply/shut-off valve			●		
Clean & check refrigerator drip pan-icemaker connections			●		
Check shower-tub surrounds for signs of damage			●		
Check traps and drains under sinks, tubs, showers for leaks			●		
Check hot water heater for leaks		●			
Check boiler for leaks		●			
Check water main/meter or well pump for leaks or sweating		●			
Check water main/meter or well pump for leaks or sweating		●			
Clean septic tank			2 yrs		
Check drain and supply time for leaks	●	●			
Check bath and kitchen fans operation	●	●			

	Spring	Fall	Annual	As Needed	Pro Needed?
<b>HVAC Equipment - Replace filters</b>					
Warm air furnace (merv 8)		●			
Air conditioner (central air merv 8)	●				
Dehumidifier	●				
Outdoor air to return to heat recovery ventilation		●			

	Spring	Fall	Annual	As Needed	Pro Needed?
<b>Appliances</b>					
Clean kitchen range hood screens				●	
Clean dryer vents and screens	●				
Clean exhaust fan outlets and screens	●				
Clean outdoor air intakes and screens		●			
Clean air conditioning coils, drain pans	●				●
Clean dehumidifier coils, check operation	●				
Clean and tune furnaces, boilers, hot water heaters		●			●
Clean and tune ovens and ranges		●			●

	Spring	Fall	Annual	As Needed	Pro Needed?
<b>Electrical Equipment</b>					
Check for damaged cords	●	●			
Test ground fault interrupters	●				
Test outlets for proper hot, neutral and ground			once		
Check smoke and CO alarms	●	●			

	Spring	Fall	Annual	As Needed	Pro Needed?
<b>Garage</b>					
Ensure storage of fuel cans	●	●			
Proper operation of garage door safety shut-off	●	●			
Check for signs of water damage	●				
Check for signs of rodents, bats, roaches, termites	●	●			

	Spring	Fall	Annual	As Needed	Pro Needed?
<b>Attic</b>					
Check for signs of rodents, bats, roaches, termites		●			
Check for water damage		●			
Ensure insulation in place		●			
Check that fans still exhaust to outdoors (check ductwork connections)			●		





# Home Safety for All

## Learning Objectives

**Knowledge:** List the connections between health, well-being, and the home environment

**Comprehension:** Identify safety hazards in the home and near environment

**Application:** List actions that can be taken to reduce safety hazards in the home.

Welcome to Home Safety for All! This lesson is designed to help you to gain an understanding of the connection between, health, well-being and your home environment. We will look at ways to identify safety hazards in the home and then develop ways to take corrective actions to reduce safety hazards in the home. This information is designed for all households. Please share the information with others to help them to create a safer living environment.

## Why Is Home Safety Important?

- Maintaining a healthy environment is central to increasing quality of life and years of healthy life.
- People spend most of their time at home, work, or school.

So, why is home safety so important? We spend most of our time in our home, work or school buildings. Our home environment should be healthy because there are many things in our home environment that can cause sickness or harm. We want to live in an environment that will increase our quality of life and provide a healthy environment that we can share with others.

# Why is home safety important ?

- “**Unintentional injury** is a major public health problem in the United States.
- Unintentional injuries are among the top ten causes of death in **every age group**.
- A large percentage of **nonfatal** unintentional injuries occur in the home.



The State of Home Safety in America. Facts About Unintentional Injuries in the Home, Second Edition, 2004

Is it surprising that unintentional injuries are a major public health problem in the US? As a matter of fact it is the leading cause of death for individuals between the ages of 1 and 44 and the 5<sup>th</sup> leading cause of death in the United States.

Unintentional injuries are among the top ten causes of death in every age group. Let's take a minute and review some statistics that tell us why we should care about home safety.

## Why is home safety important ?

- Of all nonfatal unintentional injury events, 42 percent occur in the **home**, translating to nearly 12 million nonfatal home injuries each year.
- In addition, **emergency departments** treat more than 10 million home injuries annually, and an average of 11 million home injuries are seen by a **private physician**.
- Children and older adults are the two **most vulnerable groups** for most types of unintentional home injury.



United States Department of Agriculture  
National Institute of Food and Agriculture

The State of Home Safety in America. Facts About Unintentional Injuries in the Home, Second Edition, 2004

Here are some more stats  
(go through stats)

## Why is home safety important ?

- “An average of more than 91,000 individuals die each year from an unintentional injury, and **approximately 20 percent of these deaths occur in the home.**”
- “In total, unintentional home injuries account for nearly **21 million medical visits** on average each year.”

<https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health>

The State of Home Safety in America. Facts About Unintentional Injuries in the Home, Second Edition, 2004

Why are home injuries so prevalent? Most Americans are unaware that they are able to prevent such accidents. From minor burns to poisoning, electrical shocks to suffocations.

An average of more than 91,000 individuals die each year from unintentional injury, of those deaths, **more than 18,000 Americans die every year from injuries that take place in the home.** This makes it the second most common location for such fatalities.

Unintentional injuries, no matter the magnitude, are never fun and sadly result in an average of **21 million medical visits each year** – that adds up to be about \$220 billion in medical costs!

What causes these problems and how can we prevent them? The following slides and activities will help you reduce the risks in your home by applying some of the home safety tips.

## What is a healthy home, anyway?



A healthy home is one that is designed, constructed, maintained, or rehabilitated in a manner that prevents diseases and injuries that result from housing-related hazards.

What is a healthy home, anyway? The U.S. Department of Housing and Urban Development (HUD) states that a healthy home is one that is designed, constructed, maintained, or rehabilitated in a manner that prevents diseases and injuries that result from housing-related hazards.

# Seven principles of healthy homes

## Keep It:

- Dry
- Clean
- Safe
- Well-ventilated
- Pest-free
- Contaminant-free
- Well-maintained



The 7 principles of a healthy home were developed by the National Center for Healthy Housing's National Healthy Homes Training Center which is funded by HUD and CDC. These 7 tips bring together an overall approach to create and keep a healthy home.

1.Keep it dry: Prevent water from entering your home through leaks in roofing systems, rain water from entering the home due to poor drainage, and check your interior plumbing for any leaking. Moisture in home has been linked to a wide range of health problems, such as asthma, lead poisoning and injuries associated with slips, trips and falls.

2.Keep it clean: Control the source of dust and contaminants, creating smooth and cleanable surfaces, reducing clutter, and using effective wet-cleaning methods.

3.Keep it safe: Store poisons out of the reach of children and properly label. Secure loose rugs and keep children's play areas free from hard or sharp surfaces. Install smoke and carbon monoxide detectors and keep fire extinguishers on hand.

4.Keep it well-ventilated: Ventilate bathrooms and kitchens and use whole house ventilation for supplying fresh air to reduce the concentration of contaminants in the home.



5. Keep it pest-free: All pests look for food, water and shelter. Seal cracks and openings throughout the home; store food in pest-resistant containers. If needed, use sticky-traps and baits in closed containers, along with least toxic pesticides such as boric acid powder.

6.Keep it contaminant-free: Reduce lead-related hazards in pre-1978 homes by fixing deteriorated paint, and keeping floors and window areas clean using a wet-cleaning approach.

7.Keep it well-maintained: Inspect, clean and repair your home routinely. Take care of minor repairs and problems before they become large repairs and problems.

**For today we will focus on creating a safe and well-maintained home.**

Source: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes)

[http://healthyhousingsolutions.com/wp-content/uploads/2015/02/HUD\\_Guidance\\_Manual\\_July\\_2012.pdf](http://healthyhousingsolutions.com/wp-content/uploads/2015/02/HUD_Guidance_Manual_July_2012.pdf)

## Placing and maintaining a smoke detector

- Make sure you have smoke alarms on EVERY level of your home.
- Alarms must be hard-wired, battery powered or both.
- Follow manufacturer's instructions.
- During the review, these devices should be tested by pressing the TEST button.
- Remember the phrase "spring forward, fall back" and replace batteries during the time change
- Test alarms every month.
- Change batteries twice a year when you turn your clocks.



**A fire can happen within two minutes, but fires can be prevented with a few very simple precautions. Placing and maintaining a smoke and fire detector:**

- Smoke and fire alarms are important!
- Make sure you have smoke alarms on EVERY level of your home, outside all sleeping areas, and inside each bedroom.
- Regulations vary on whether the alarms must be hard-wired, battery powered or both.
- Follow manufacturer's instructions.
- During the review, these devices should be tested by pressing the TEST button.
- A common cause of failure is weak or missing batteries, which should be replaced routinely.
- Remember the phrase "spring forward, fall back" and replace batteries during the time change
- Test alarms every month.
- Change batteries twice a year when you turn your clocks.

## If you don't have a fire extinguisher, buy one!

- Most fires start small and a fire extinguisher can be used to contain a small fire
- Only use a fire extinguisher after you have called the fire department
- When purchasing a fire extinguisher look for one that is tested by an independent lab
- Learn how to operate an extinguisher. You won't have time to read the instructions in an emergency
- Keep the Extinguisher in an accessible area.



## Choosing a Fire Extinguisher for Your Home



The recommended extinguisher for the home is a 2-1/2 pound Class ABC multi-purpose dry chemical extinguisher.

Extinguishers are classified depending on the type of combustible material they are suited to extinguish in a fire.

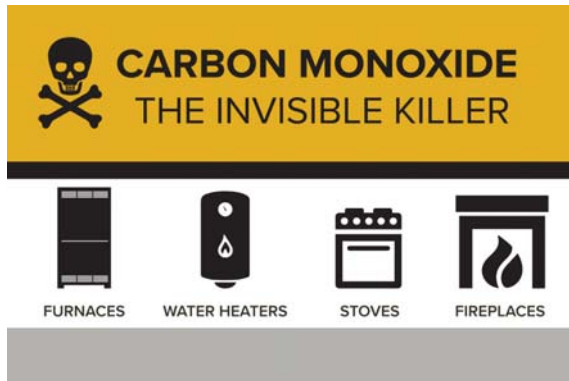
Type A is suited for wood, paper, plastics and other non-metallic solids. Type B is intended for use on burning liquids such as cooking oil, brake fluid, etc.

The extinguishing agent used in Type C models does not conduct electricity and therefore is safe to use on electrically charged appliances or outlets.

So, a Class ABC extinguisher can be used in any of the above-mentioned scenarios.

**NOTE TO PRESENTER:** Invite a firefighter to come demonstrate how to use a fire extinguisher at this or a future meeting.

## Don't forget about Carbon Monoxide Alarms



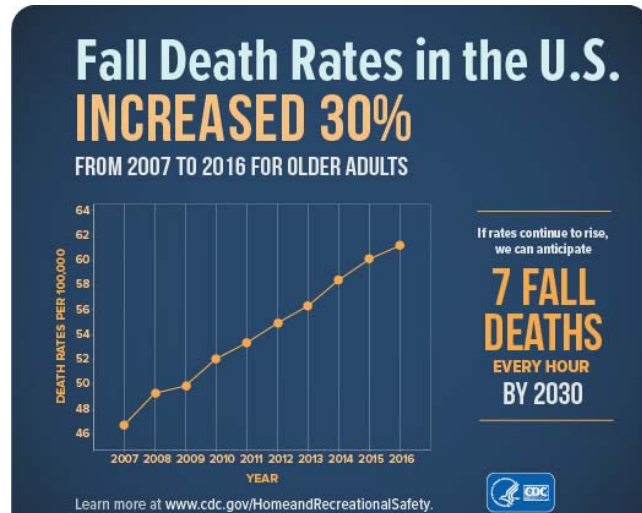
Don't forget about Carbon Monoxide Alarms: Carbon monoxide has been dubbed the Invisible Killer because it is a colorless and odorless gas. Every year more than 100 people die from unintentional exposure to carbon monoxide. Carbon Monoxide is produced by burning fuel.

- Proper installation, operation and maintenance of fuel-burning appliances in the home is the most important factor in reducing the risk of Carbon Monoxide poisoning.
- Have heating systems (including chimneys and vents) inspected and serviced annually by a trained service technician.
- Install battery-operated CO alarms or CO alarms with battery backup in your home outside separate sleeping areas.
- Know the symptoms of carbon monoxide poisoning: headache, dizziness, weakness, nausea, vomiting, sleepiness, and confusion. If you suspect CO poisoning, get outside to fresh air immediately, and then call 911.
- Never use portable generators inside homes or garages, even if doors and windows are open. Use generators outside only, far away from the home.
- Never bring a charcoal grill into the house for heating or cooking. Do not

barbeque in the garage.

- Never use a gas range or oven for heating.
- Open the fireplace damper before lighting a fire and keep it open until the ashes are cool. An open damper may help prevent build-up of poisonous gases inside the home.

Falls Are  
Serious and  
Costly



One out of five falls causes a serious injury such as broken bones or a head injury<sup>4,5</sup>  
Each year, 3 million older people are treated in emergency departments for fall injuries.<sup>6</sup>  
Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture.<sup>6</sup>  
Each year at least 300,000 older people are hospitalized for hip fractures.<sup>7</sup>  
More than 95% of hip fractures are caused by falling,<sup>8</sup> usually by falling sideways.<sup>9</sup>  
Falls are the most common cause of traumatic brain injuries (TBI).<sup>10</sup>  
In 2015, the total medical costs for falls totaled more than \$50 billion.<sup>11</sup> Medicare and Medicaid shouldered 75% of these costs.

## Assess the fall risk



Have you had difficulty with walking or balance, or have fallen in the past year.



Talk to your doctor about the benefits of an exercise program to prevent falls.



Don't rush to answer the phone. Many people fall trying to answer the phone. Either carry a cordless or cell phone



When walking on smooth floors, wear non-slip footwear

### Assess the risk

- If you have difficulty with walking or balance, or have fallen in the past year, talk to your healthcare provider about having a special falls risk assessment.
- Ask your provider if you would benefit from an exercise program to prevent falls.
- Don't rush to answer the phone. Many people fall trying to answer the phone. Either carry a cordless or cell phone
- When walking on smooth floors, wear non-slip footwear, such as slippers with rubber/no-slip bottoms or flat, thin-soled shoes that fit well.



## Time to take Care of Clutter

- Reduces injuries caused by falls
- Clutter aggravates asthma
- Clutter is a pest's best friend
- Easier to find stuff



Have you ever spent time searching for lost keys or some paperwork you needed? Most of us have. A clutter-free home helps reduce time spend searching and digging through stuff to find other stuff. Decluttering can help boost your overall productivity and save you time. This is also a very important thing to consider when preventing falls. Instead of placing items on the floor, put them in storage rooms, bins or closets to avoid hazardous footing.

Falls can cause broken bones, like wrist, arm, ankle, and hip fractures. Many people who fall, even if they're not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker and this increases their chances of falling.

Clearing clutter will help reduce the amount of dust in a space. Dust is a major aggravating factor for people with Asthma. Asthma affects about 25 million people in the US.

A messy, unorganized home provides plenty of hiding place for mice, rats and cockroaches.

## Rugs and carpets

Loose floor coverings and changes in the type of flooring from one room to the next can be a trip hazard and make walking or balance more difficult.

To improve the safety of your flooring, consider:

- securing carpets, and removing mats and rugs, as uneven surfaces can cause a trip hazard, particularly on stairs
- replacing thick carpet with low-pile carpet or leave the floors uncovered.
- lowering high thresholds in your doorways



**Get rid of rugs.** They're actually more likely to cause falls. If you don't want to get rid of your rugs, put tape under small rugs to keep them from sliding.

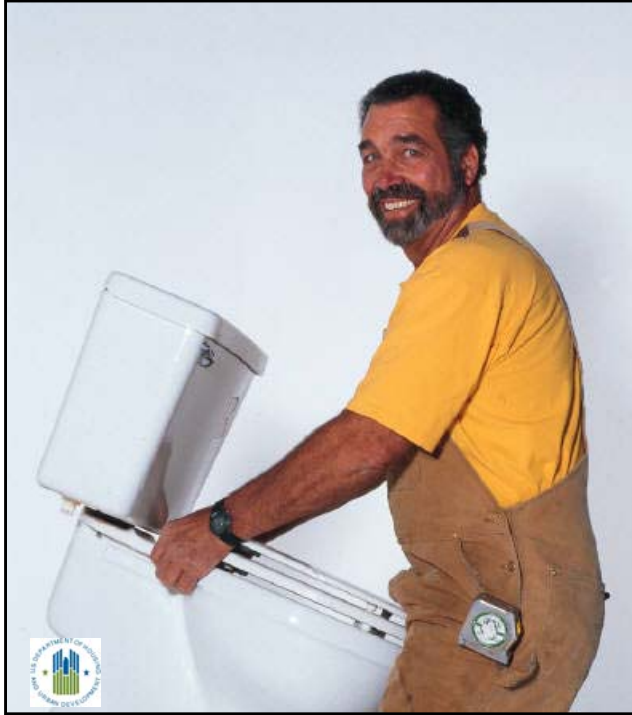
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- lowering high thresholds in your doorways

**Don't forget to Safety-proof your stairs.** Adding attached carpeting or a runner to hardwood stairs can provide more traction to prevent sliding.

People with a visual impairment, [Parkinson's disease](#) or [dementia](#) are more at risk of falls because of uneven flooring.



## Preventing Falls in the Bathroom

**Bathroom safety.** Place grab bars and non-slip mats in your bathroom and bathtub.

- Place grab bars or rails in or around the bathtub, shower and toilet. When installed properly and securely, they'll help you balance as you stand or sit and give you something to hold on to if you do slip. They come in a variety of lengths, textures and styles. (Note that a towel bar or a soap dish isn't a substitute for a grab bar, as it's not designed to hold your weight).
- According to the 2010 ADA Standards for Accessible Design:
  - **Size of bar:** Grab bars with circular cross sections shall have an outside diameter of 1 ¼ " minimum and 2 " maximum.
  - **Spacing from bar to wall:** The space between the wall and the grab bar shall be 1 1/2 inches
  - **Position of grab bars:** Grab bars shall be installed in a horizontal position, 33 " minimum and 36 " maximum above the finish floor measured to the top of the gripping surface
- If your toilet seat is low, consider buying a toilet seat extender or a toilet with a higher seat. That way you can get up safely and with less effort.
- Put a bath or shower seat or bench in the shower or tub. You'll then have a place to sit. Equip your shower with a handheld or adjustable shower head. You can maneuver it

where you want it, minimizing your movement in the shower. Also, you can use it while sitting safely on your bath seat or bench.

Source:

- <http://www.ada.gov/regs2010/2010ADASTandards/2010ADASTandards.htm#pgfId-1006316>

# Lighting

Good lighting should enable you to see quickly without causing discomfort.

When lighting your home:

- Good lighting on stairways and hallways.
- Have a lamp or light within easy reach of your bed
- Consider putting night lights in the bathroom, hallways and bedroom
- Put a light on if you get up during the night.



- Poor lighting can cause trips and accidents particularly if you already have poor eyesight. Examples of poor lighting include:
- dull lighting
- lights that cause shadows or dark areas
- bright lighting that can cause glare
- Good lighting should enable you to see quickly without causing discomfort.
- When lighting your home:
- always have good lighting on stairways and hallways and ensure you use the lighting if it is dull or dark
- have a lamp or light within easy reach of your bed, and keep a torch by your bed in case the power is out and you need to get up
- consider putting night lights in the bathroom, hallways and bedroom. Night lights can be useful to guide you to the nearest light switch but shouldn't be used as an alternative to switching on a light

- It's especially risky moving around at night as your reactions are dulled when sleepy. Putting a light on if you have to get up to use the toilet in the night helps prevent accidents.

### The most common types of poisons in the home

- Pain medicines
- Household cleaners
- Prescription and non-prescription medicines
- Cosmetics and personal care products
- Plants
- Cough and cold medicines
- Alcohol
- Gasoline and other car products



American Association of Poison Control Centers

The most common types of poisons in the home

#### **Pain medicines**

These medicines can be liquids or pills. Example of pain medicines include:

[Acetaminophen](#), such as Tylenol or Tempra

[ASA \(acetylsalicylic acid\)](#), such as Aspirin

[Ibuprofen](#), such as Advil or Motrin

#### **Household cleaners**

These include bleach, dishwasher detergents, window cleaners and oven cleaners.

#### **Other prescription and non-prescription medicines**

These medicines include sleeping pills, blood pressure medicines, medicines for anxiety and depression, vitamins and allergy pills.

#### **Cosmetics and personal care products**

These products include lotions, perfumes, nail polish remover, toothpaste, mouthwash and deodorants.

#### **Plants**

Houseplants, garden plants, flowers and parts of vegetables can be poisonous. Berries can also be poisonous.

#### **Cough and cold medicines**

These medicines can be liquids or pills.

**Alcohol**

Alcoholic drinks, such as beer, wine and liquor, as well as rubbing alcohol, can be poisonous to your child.

**Gasoline and other car products**

These items, such as car oil, antifreeze, lock de-icer and windshield washer fluid, are often kept in the garage or basement.

Dangerous products inside the home

**Here are a few things that you can do to prevent accidental poisonings in your home:**

- Place your chemicals high up on shelves rather than down low under kitchen and bathroom sinks where people commonly put them. If possible, store them out in a garden shed outside of the house.
- If you have to put chemicals in low cabinets, use baby proof locks and be sure that you can properly close the doors.
- Never put household cleaners in old drink bottles or food containers that might confuse a child.
- Get children and pets out of a room before you use pesticides or other chemicals.
- Always close the packaging on a medication or chemical if you are interrupted by the phone or the doorbell. Many poisonings happen when an adult leaves the room for a minute.

Don't trust that childproof packaging on medications will keep children safe. The best defense is to keep the medications out of children's hands in the first place.

Don't (obviously) store medications on easy to reach tables or counter tops.

Be aware of where all of the medications in your home are, especially if you have visitors who might leave them in an open purse or bag.

Get rid of any old "watch" type batteries as children can easily swallow them. Consider getting rid of any toys or gadgets that use them.



## Mistaken Identity

Can you tell the difference?



At a quick glance most of us can be fooled by medications that look like household items.

As a matter of fact, an assistant in a child care facility accidentally served pine sol to a group of toddlers. A classroom teacher recognized the smell and stopped the children from consuming the liquid.

Children can mistake laxatives for chocolate bars.

A 3-year-old boy swallowed at least 20 regular strength chocolate chewable laxative tablets. His mom called Poison Control. The onset of possibly severe abdominal cramping and diarrhea would probably occur in about 6 hours, when he was sleeping. The child was also at risk for dehydration. Poison Control referred the child into the nearest emergency room for activated charcoal (AC) (specially treated charcoal that helps absorb drugs or toxins) to help prevent severe symptoms and to hydrate him if he developed significant diarrhea. The child was given AC and observed for 6 hours. He was sent home in good condition.



Your best choices for disposal of unused or expired medicines are:

- Medicine take-back options
- Disposal in the household trash and
- Flushing certain medications down the toilet

When your medicines are no longer needed, they should be disposed of promptly. Consumers and caregivers should remove expired, unwanted, or unused medicines from their home as quickly as possible to help reduce the chance that others accidentally take or intentionally misuse the unneeded medicine, and to help reduce drugs from entering the environment. Below, we list some options and special instructions for you to consider when disposing of expired, unwanted, or unused medicines.

Your best choices for disposal of unused or expired medicines are:

Medicine take-back options (check with your sheriff's office or household hazardous waste collection events)

Disposal in the household trash and

Flushing certain potentially dangerous medicines in the toilet

### Preventive Home Maintenance Check-Up

- Monthly budget should include routine maintenance & repairs
- Create a plan to set aside money for major repairs
- 1-2% of the market value of your house for maintenance & repairs



Your home can't take care of itself.

- Your monthly budget should include money for routine maintenance and repair for the house and yard. Plan to set money aside for the large, irregular expenses that occur normally as a house ages. Large expenses include interior and exterior painting, repairs or replacement of heating and air conditioning units and appliances, floor coverings, and roof surfaces.
- Housing experts recommend setting aside 1 to 2 percent of the market value of your house each year to pay for maintenance and repair costs. While you may not need to use all of these funds in a given year, the accumulation of funds will help you pay for large future expenses such as installing a new heating and air conditioning unit, or replacing a roof.
- Home maintenance helps provide a healthy, safe environment while protecting your largest investment — your home. It is much easier to prevent possible health and safety issues or structural damage than it is to pay large medical or repair bills.

<https://content.ces.ncsu.edu/preventive-home-maintenance-check-up>

## Who Should Do the Work?

- The homeowner who does his or her own maintenance and repairs saves money. Use the following sources to learn how to do your own maintenance and repairs:
  - Manufacturer's use and care booklets and care guides for repair and guidance on how to clean.
  - Do-it-yourself (DIY) publications often available free in builder supply or hardware stores.
  - Home maintenance/repair books and videos in public libraries, stores, or online.
- An experienced neighbor or friend.
- Hire a qualified, experienced contractor.

## How to hire a home repair contractor or handy man

- Ask friends to recommend repair contractors.
- Get at least three written estimates for the project.
- Ask for and check references.
- If licensing is required in your area, ask to see the contractor's license (electrical, plumbing, HVAC). Also ask for proof of insurance and bonding.
- Do not pay the contractor in full before the work is done. Some contractors will ask for a small down payment, which is permissible.
- Get a signed written agreement before work begins or money is exchanged.
- Do not make final payments on the project until the work has been performed to your satisfaction.
- Check with the Better Business Bureau or the attorney general's office if you have questions or complaints about a contractor.

If you find that your home does need changes in order to make it safe, you may want to hire a home repair contractor or handyman. It is important to select a reputable contractor. Here are a few guidelines to help protect you:

Ask friends to recommend repair contractors.

Get at least three written estimates for the project. Most contractors give free estimates.

Ask for and check references.

If licensing is required in your area, ask to see the contractor's license. Also ask for proof of insurance and bonding. In Texas, contractors performing electrical, plumbing or HVAC work MUST be licensed by the state. Ask for their state license number.

Do not pay the contractor in full before the work is done. Some contractors will ask for a small down payment, which is permissible.

Get a signed written agreement before work begins or money is exchanged. The agreement should specify both work and payment schedules. It should also detail the type of work to be completed.

Do not make final payments on the project until the work has been performed to your satisfaction.

Check with the Better Business Bureau or the attorney general's office if you have questions or complaints about a contractor.

## Texas Contract Warning

Important Notice: You and your contractor are responsible for meeting the terms and conditions of this contract. If you sign this contract and you fail to meet the terms and conditions of this contract, you may lose your legal ownership rights in your home. Know your rights under the law.

In Texas, any contract you sign for work to be performed on your homestead MUST contain this warning:

**Important Notice: You and your contractor are responsible for meeting the terms and conditions of this contract. If you sign this contract and you fail to meet the terms and conditions of this contract, you may lose your legal ownership rights in your home. Know your rights under the law.**

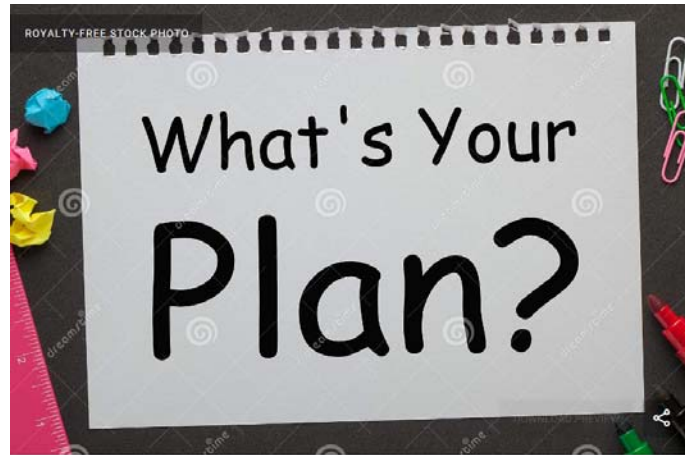
When you sign a contract for home improvements on your homestead, the contractor can legally place a lien on your homestead. If you sign a contract containing this language and you fail to make the payments, the company can take away your home. That is why it is important that you understand exactly what your obligations are under the contract and you are confident you can meet them, BEFORE you sign the contract. If you have any questions, consult an attorney.

If your contractor fails to pay sub-contractors and suppliers, YOU are responsible. Under Texas law, unpaid sub-contractors can place a lien on your home for the unpaid amount.

## Things that I can do to make my home safer

- Complete a home safety inspection of your home.
- Ensure that your home includes safety equipment such as fire extinguishers, smoke alarms and radon alarms.
- Store chemicals and medications in safe locations
- Dispose of chemicals and medications periodically.
- Inspect your home regularly for maintenance issues.

Now what?





**Please take a moment to provide feedback on this program.**

**1. Regarding the overall program/teaching** (rate your response by circling a number):

Statement	Scale (1= Worst, 5 = Best)				
The value of the lesson was	1 not valuable	2	3	4	5 very valuable
The overall teaching was	1 poor	2	3	4	5 excellent
The teacher's knowledge of the lesson was	1 poor	2	3	4	5 excellent

**2. Regarding what you know and actions you plan to take (circle your response):**

I learned new information today. YES NO

I plan to use the information I learned today. YES NO

I understand the connection between personal health and home safety.

I can identify safety hazards in my home. YES NO

I feel this information will help me make my home safer. YES NO

I plan to share this information with my friends and family. YES NO

**3. This lesson was delivered by a(n) (check only one):**

\_\_\_\_\_ TEEA Member. \_\_\_\_\_ Extension Agent/Specialist \_\_\_\_\_ Other Speaker.

4. Please tell us about yourself.

I am a \_\_\_\_\_ Woman. \_\_\_\_\_ Man.

I am in District:    **1**    **2**    **3**    **4**    **5**    **6**    **7**    **8**    **9**    **10**    **11**    **12**

I have been a member of TEEA for \_\_\_\_\_ years.

My age is \_\_\_\_\_ years-old.

## 5. Additional Comments.

**Thank You For Completing This Form!**