

## **Family & Off the Job Safety**

Motor-vehicle accidents are the #1 accidental killers of our children ages 5 and under. Using a child safety seat is estimated to be 80 to 90 percent effective in preventing fatalities.

Would you believe that more than one-half of the injuries suffered by workers occur off the job? Someone once said that your home is your castle. If this is true, castles are very dangerous places.

Approximately 24,000 individuals are killed each year in home accidents--an average of about 65 deaths per day. The National Safety Council reports that about 3.6 million people are injured in home accidents, which means that one person in 60 was disabled for one or more days in a home accident. About 100,000 of these injuries resulted in some permanent impairment.

With these statistics, it cannot be over emphasized that what you do away from your job is vitally important. At home, we become all too familiar with our environment. Then, to our surprise, we have an accident and wonder why it didn't happen sooner. Falls and burns by gas or electrical equipment lead the list.

### **One half of home fire deaths occur in the 6 percent of homes with no smoke alarms. (NFPA Report)**

You're protected at work and in public places by fire codes and laws that require early warning devices (smoke and heat detectors) and fire extinguishers. It is highly recommended that you obtain the appropriate fire protection equipment for your home as soon as possible. It is the cheapest form of life and fire insurance possible. Smoke detectors of an approved type are a good investment to provide early warning of a fire in the home.

Replace cracked or frayed electrical appliance and extension cords. Don't use aerosols near open flames or while smoking. Keep firearms secure in a locked rack or cabinet and ammunition stored separately from the firearms. Always use the right tool for the job and always get help from a neighbor or friend for heavy or difficult jobs.

Prepare and practice a family escape plan in case of a fire that might occur during the day or night. This plan should include two ways out of every area and a pre-determined meeting place outside of the home.

### **Kitchen-Bathroom-Utility**

Look for the UL label whenever you buy appliances.

Don't stand on the top of a ladder! Wipe up liquid spills immediately.

Turn hot handles away from the stove front so that they don't tempt little children, but don't place them over another burner.

Keep in mind that water should never be poured on a grease fire.

Washers and dryers should be electrically grounded.

Always keep household cleaners, disinfectants, insecticides, drain openers, and medicines in their original labeled containers--separate from food--and preferably locked up and out of reach from small children.

Read the label before taking any medicine.

Keep emergency phone numbers like police, fire, doctors, utilities, handy by your telephone.

### Garage-Workshop

Keep all tools properly guarded and out of reach of small children.

Wear eye protection when working with power tools.

Flammable paint thinners and solvents should be kept in metal cans. Their vapors will travel along the ground, so it is important to keep them stored away from gas hot-water tanks, heaters, or other sources of ignition.

When operating a power mower, keep children and pets a safe distance away. Always shut off the mower and make sure the blades are stopped before adjusting the blade or emptying the grass catcher.

Keep the garage door open while running the car engine inside to avoid asphyxiation.

### **14 Emergency Telephone Numbers to have Handy** (Post by telephone)

1. Fire
2. Police
3. Ambulance
4. Family Doctor (Office/Home)
5. Children's Dr. (Office/Home)
6. Other Doctor (Office/Home)

7. Other Doctor (Office/Home)
8. Druggist (Office/Home)
9. Hospital
10. Neighbor (Work/Home)
11. Neighbor (Work/Home)
12. Gas Company
13. Electric Company
14. Poison Control Center: 1-800-522-4611

## Links

- Highway Safety
  - (<http://safety.fhwa.dot.gov/>) - An FHWA safety site with the goal to reduce roadway-related fatalities and injuries by designing a forgiving infrastructure.
- Don't hang out in the NO-ZONE
  - (<http://www.nozone.org/>) - A Federal Motor Carrier Safety Administration campaign to educate people about how to share the road safely with large trucks and buses.
- RSPA Office of Pipeline Safety
  - (<http://www.phmsa.dot.gov/portal/site/PHMSA/menuitem.9a9d61f6abac78d6f94a971067c27789/?vgnextoid=623b143389d8c010VgnVCM1000008049a8c0RCRD&vgnnextchannel=623b143389d8c010VgnVCM1000008049a8c0RCRD&vgnnextfmt=print>) - Administers DOT's national regulatory program to assure the safe transportation of natural gas, petroleum, and other hazardous materials by pipeline.
- Federal Transit Administration Safety and Security Office
  - (<http://transit-safety.volpe.dot.gov/Default.asp>) - Concerned with matters relating to the safety and security of our nation's mass transit systems.
- Federal Railroad Administration Office of Safety Analysis
  - (<http://safetydata.fra.dot.gov/officeofsafety/>) - Railroad safety information for FRA personnel, railroad companies, research and planning organizations and the public, in general.