



HOME SAFETY Checklist

- ✓ Avoid **trips, slips and falls** by ensuring halls & stairways are always well lit and free from clutter.
- ✓ Change light bulbs safely, without the **risk of falling** by using a stable step–stool. Avoid using old chairs to climb on.
- ✓ Stay safe from **fire** by testing smoke alarms monthly and be sure all the family know how to escape in the event of a fire.
- ✓ Avoid **burns and scalds**, particularly to children, by always using the cooker's back ring or hotplate first and position panhandles so that they can't be pulled over and by keeping hot drinks out of reach of children
- ✓ Reduce the likelihood of **household fires** and **carbon monoxide poisoning** from **faulty flues or equipment** by having gas, oil or solid fuel heating appliances professionally serviced once a year.
- ✓ Reduce the **risk of electrical fires and electrocution** by never using appliances with cracked plugs or worn cables. Avoid overloading electric sockets with too many appliances.
- ✓ Avoid **fire risks** by using guards with all fires and heaters and keep clothing, furniture and curtains away from all heat sources, including candles,
- ✓ To minimise the **risk of falls from windows**, install and use restrictor catches on all upstairs windows and place furniture away from windows
- ✓ Reduce **trips, slips and falls** by always quickly cleaning up spills.
- ✓ **Poisoning or chemical burns** can be prevented storing medicines and household chemicals out of sight and out of reach of children, preferably in a secure, high-level kitchen cupboard.
- ✓ Avoid **bath time scalds** by running cold water before hot and carefully testing water temperature, particularly before bathing children who should never be let unattended
- ✓ Don't risk **electrocution** by taking electrical appliances into the bathroom. Water is a good conductor of electricity so you should never touch electrical appliances with wet hands.

GARDEN SAFETY Checklist

- ✓ Protect yourself from **electrocution** by always using a Residual Current Device (RCD) when operating electrically powered garden tools and mowers
- ✓ Avoid **poisoning and chemical burns** by storing chemicals for use in garage or garden safely out of sight and out of reach of children, preferably in a secure cabinet
- ✓ Reduce the risk of small children **drowning** by securely fencing or filling-in garden ponds or water features and always supervising children near water.
- ✓ Avoid accidents and **injury when doing DIY** tasks by always operating within the range of your skills, ability and experience. Always use personal protective equipment including gloves, goggles, helmet, and facemask and safety shoes as appropriate and recommended for the task and follow manufacturers instructions.
- ✓ Avoid **injury from falls** by always checking a ladders condition before use and using at a safe angle (1 in 4).
- ✓ Avoid **injury from sharp garden tools** to users or children by keeping them in good repair and safely tidied away after use. Keep children safely away whenever using lawnmowers, doing DIY projects or household repairs.
- ✓ Prevent **accidental poisoning or injuries** to yourself or others by carefully following manufacturers instructions when using weed killers, adhesives and solvents. Never transfer to alternative containers that could confuse and lead to poisonings.
- ✓ Prevent **injury from trips, slips and falls**, by providing safety rails and barriers to changes in garden levels and ensure all paths and steps are level, stable and free from moss
- ✓ Avoid uncontrollable **fires** by always siting bonfires and barbecues well away from fences, sheds and trees. Supervise children all the time.