

Did You Know...

Safety – Bring it Home

At the workplace, we have a plan for safety. Our workers are constantly looking out for hazards. There are emergency plans, pre-job plans and a constant “plan do check” mentality. Why should it be any different at home?

The Risks Remain the Same: Some of the most common hazards found in the workplace are also the most dangerous at home.

Slips/Trips

- Practice good house keeping
- Be cautious of placement of electrical extension cords
- Maintain 3 point contact when working from ladders
- Take extra time in the winter to clear your driveway, walkway and stairs of snow and ice

Hearing Loss

- Monitor decibel levels of your family’s headphones
- Use hearing protection when using loud power tools

Eye Injuries

- Use safety glasses when mowing the lawn or doing other tasks that could cause flying debris

Back Injuries

- Use good lifting techniques at home – bend at the knees, lift with your legs
- If the load is too heavy, ask for help
- Stretch before heavy lifts or shoveling

Fire Prevention

- Be cautious of flammable materials near electrical breaker boxes, stoves, space heaters, and furnaces
- Check your fire and carbon monoxide detectors
- Have fire extinguishers in your home; keep them inspected and maintained
- Have and practice a family escape plan

First Aid

- Have a first aid kit and keep it stocked
- Encourage first aid and CPR training
- Post emergency phone numbers by the phone

Like at work, the most effective safety program is one where everyone participates. Encourage your family’s involvement by having open safety related conversations. Demonstrate positive safety practices and attitudes to others. Mentor and share your safety knowledge.

