

Home Safety Tips

With many more employees working from home these days due to the COVID-19 pandemic, it may seem that home sweet home is a safe place to be in response to the call for social distancing. However, each year roughly 18,000 people die from injuries at home with senior citizens the most vulnerable. And now with school closures, there's a heightened concern for the safety of children at home.

While we're all accustomed to our home surroundings, are we aware of the potential hazards that lurk within or possibly around the house? Here are five common home hazards that can lead to a serious if not fatal injury.

1. **Slips, Trips, and Falls:** Falls are the leading cause of fatal injury in the home accounting for roughly 6,000 fatalities a year according to the Home Safety Council. Most falls occur in the bathroom, on stairs, and from ladder use both inside and outdoors.
2. **Fires:** Home fires result in more than 3,000 fatalities a year in the U.S. from smoke inhalation and burns. Most home fires are caused from smoking or faulty electrical insulation or circuit overload.
3. **Poisonings:** Misuse of medications by adults and ingestion of cleaning chemicals by children account for most poisonings in the U.S. with poison centers responding to a poisoning, on average, every 14 seconds.
4. **Electrical shock:** Overloaded circuitry, faulty appliances or use of appliances with wet hands or around water can cause electrical shock injury and indirectly lead to a fatal fall or struck-against injury.
5. **Drowning:** Submersion in and inhalation of water account for some 800 fatalities a year in the U.S. Most of us think of drowning in a pool or body of water but it only takes a few inches of bath water for a youngster to drown.

A home safety tips checklist follows so you can assess your home and surroundings.