



## Safety: Bring it Home

In most work places throughout Newfoundland and Labrador there is a plan for safety. Workers are constantly on the lookout for hazards, committees, worker health and safety representatives or designates are in place to help keep us safe, plans are made in case of emergency, fire drills are held, rules are in place for the use of personal protective equipment, and each employee is tasked to help keep the work place safe. 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 hazards at home.

#### Slips, Trips and Falls

- Do your best to practice good housekeeping - Keep stairs and hallways clear of tripping hazards
- Be cautious of placement of electrical and extension cords
- Maintain three-point contact when working from ladders
- Take extra care in the winter to ensure your driveway, walkways and stairs are clear of ice and snow

- Use sand or salt to improve traction in slippery areas

#### Hearing Loss

- Monitor the decibel levels of your family's headphones
- Use hearing protection when using loud power tools like lawn mowers, chain saws, hedge trimmers or snow blowers.

#### Eye Injuries

- Use safety glasses when mowing the lawn and performing other hazardous tasks that may cause flying debris

#### Back Injuries

- Remember to use good lifting techniques at home
- Bend at the knees and use your legs, not your back, to lift the load
- If a load is too heavy to lift alone, make sure to ask for help
- Stretch before heavy lifts or shoveling snow

#### Fire Prevention

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

#### First Aid

- Have a first aid kit and keep it well 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.