



HOW TO

MAKE YOUR

FAMILY AND

HOME SAFER



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MAKING FAMILY SAFETY A FORETHOUGHT

by Karen Johnson



Crime is an increasingly threatening fact of American life. According to the U.S. Department of Justice:

- More than 2.7 million burglaries were reported in 1994 (latest available data)
- Of all burglaries, 67% involved forcible entry
- The value of property stolen was estimated at more than \$3.6 billion
- Thirty-eight percent of all assaults occur during a break-in
- Sixty percent of all reported rapes occur during a break-in.

In addition, fire and home hazards account for a significant number of injuries and deaths in the American home.


- Eighty percent of all fire deaths occur in the home.
- A fire department responds to a fire every 15 seconds.
- More than \$15,000 in property is lost to fire per minute.
- Twenty-six million children were injured in the home last year.
- Two million children were treated in emergency rooms as a result of a fall, cut, burn or ingesting chemicals.

By preparing yourself and your family, at home and away, you can prevent potential tragedies before they arise. As a service to you, CareTek Resources, Inc. has prepared this brochure to alert you to potential dangers in your home and provide helpful solutions.

In addition, CareTek Resources, Inc. offers a variety of products (*italicized throughout*) that can easily fit into your lifestyle, that are inexpensive, easily installed and, in many cases, don't interfere with the aesthetics of your home.



THE KITCHEN

Potential Danger	Possible Solutions
Pantries, cabinets and drawers containing knives, glassware, canned food, garbage, plastic trash can liners, cleaning products, etc.	<ul style="list-style-type: none"> • Drawer Latches • Cabinet Latches • Cabinet Slide Locks • Cabinet Flexlocks • Bi-Fold Door Locks
Cooking fire	<ul style="list-style-type: none"> • Fire Extinguisher • Grease fire: Slide pan lid over flame to smother; never throw water on a grease fire
Refrigerator containing breakable items, choking hazards or foods with possible allergic reactions	<ul style="list-style-type: none"> • Safety Appliance Lock
	
Burns, Hot Oven, Hot Stove	<ul style="list-style-type: none"> • Safety Appliance Lock • Stove Top Shield • Burner Control Knob Covers • Avoid using tablecloths that can be used to pull hot food down • Turn handles of pots on stove to the rear • Use the back burners as much as possible • Try to keep babies in highchair or playpen while cooking

Potential Danger	Possible Solutions
Burns, Hot Oven, Hot Stove	<ul style="list-style-type: none"> • BEFORE picking up hot pans, check baby's location so you don't trip over him • Teach children the stove is <u>always</u> off limits
Cuts: knives, glass, jagged edges on aluminum foil or plastic wrap boxes	<ul style="list-style-type: none"> • Cabinet Latches • Drawer Latches
Garbage Disposal	<ul style="list-style-type: none"> • Use a switch blocker
Injury from overturning highchair	<ul style="list-style-type: none"> • Keep away from counter or tables
Choking/ Food Poisoning	<ul style="list-style-type: none"> • Keep garbage in a locked cabinet or in a tightly closed container • Keep floor clear of bits of food
Counter Top Corners	<ul style="list-style-type: none"> • Corner Cushions
Electrocution (electrical outlets are often particularly low on kitchen islands)	<ul style="list-style-type: none"> • Outlet Covers • Cord Shortener • Outlet plugs/caps • Keep children away from countertop appliances: unplug when not in use • Swivel Outlet Covers • Plug 'N Outlet Shock Guard Cover (for outlets in constant use)

THE BATHROOM


Potential Danger	Possible Solutions
<i>Drowning danger – tub or toilet</i>	<ul style="list-style-type: none"> • Sure Lock Toilet Latch • Keep drains clear so no water is standing in tub
<i>Slipping in tub or on tile</i>	<ul style="list-style-type: none"> • Traction adhesives
<i>Faucet: access to hot water and bumps to the head</i>	<ul style="list-style-type: none"> • Inflatable or cushioned covers on knobs and spigot • Lower thermostat on hot water heater to 120°F
<i>Cabinets containing prescription drugs, cleansers, ointments, and talcum powder</i>	<ul style="list-style-type: none"> • Drawer Latches • Flush discarded drugs down the toilet • Cabinet Latches • Cabinet Slide Locks • Cabinet Flexlocks • Bi-Fold Door Locks
<i>Accidental Poisoning</i>	<ul style="list-style-type: none"> • Keep Poison Control numbers by the phone • Ipecac RediPak (use only with advice from Poison Control)



Potential Danger	Possible Solutions
<i>Children in wastebasket: razors, medications, etc.</i>	<ul style="list-style-type: none"> • Discard in a secure waste basket
<i>Electrocution</i>	Outlet covers (see the available variety listed in the Kitchen section) <ul style="list-style-type: none"> • Unplug blow dryers, rollers, etc. so that they are not accidentally dropped or pulled into water

LIVING AREAS

Potential Danger	Possible Solutions
<i>Being crushed under heavy objects: bookcases, TV</i>	<ul style="list-style-type: none"> • Secure bookcases to wall • Teach children not to climb
<i>Burns: fireplaces, space heaters, wood stoves</i>	<ul style="list-style-type: none"> • Make sure they are well ventilated and are protected by safety guards
<i>Sharp edges and hard surfaces such as tables and hearths</i>	<ul style="list-style-type: none"> • Corner Cushions

Potential Danger	Possible Solutions
<i>Electrocution</i>	<ul style="list-style-type: none"> • Outlet Covers (see the available variety listed in the Kitchen section) • Telephone cords out of reach • Cord Shortener
	
<i>Stair rail or balcony spindles spaced far apart enough to allow a child to squeeze through</i>	<ul style="list-style-type: none"> • Indoor/Outdoor Balcony Guard
<i>Stairways</i>	<ul style="list-style-type: none"> • Do not use walkers in a home with a stairway • Safety Gate • Keep stairways clear of clutter
<i>Slamming doors</i>	<ul style="list-style-type: none"> • Door Slam Stoppers
<i>Unsafe rooms, i.e., sewing room, photography room, garage, basement</i>	<ul style="list-style-type: none"> • Door Knob Covers

Potential Danger	Possible Solutions
<i>Walking around dark house at night</i>	<ul style="list-style-type: none"> • Auto Night Light • Safety Gate
<i>Fire</i>	<ul style="list-style-type: none"> • Fire Extinguishers • Smoke Detectors on all levels of the home.
<i>Carbon Monoxide poisoning</i>	<ul style="list-style-type: none"> • Carbon Monoxide Detector
<i>Loss of valuables or legal papers</i>	<ul style="list-style-type: none"> • Fire Security Case
<i>Strangulation on window blind cords</i>	<ul style="list-style-type: none"> • Window Blind Cord Wind-up
<i>Choking</i>	<ul style="list-style-type: none"> • Keep small objects (pins, paper clips, small bits of food) out of baby's reach

THE BEDROOMS

Potential Danger	Possible Solutions
<i>Fire (generally from cigarette smoking)</i>	<ul style="list-style-type: none"> • Fire Escape Ladder • Smoke Alarms • Fire Extinguisher
<i>Children falling out of bed</i>	<ul style="list-style-type: none"> • Bed Rail
<i>Falling from windows</i>	<ul style="list-style-type: none"> • Wooden dowel placed in slide rail to prevent windows from being opened • Window locks from hardware store

Potential Danger

Strangulation on window blind cords

Possible Solutions

- Window Blind Cord Wind-up

BABY'S ROOM**Potential Danger**

Strangulation from mobiles or dangling toys

Possible Solutions

- Hang out of baby's reach and string should be less than 12 inches long

Drowning in diaper pail

- Keep cover on pail; use a pail with a latch

Dangerous inhalation of baby/talcum powder

- Keep out of baby's reach in a locked drawer. Use sparingly.

Injury from poor crib design, older cribs which don't meet safety standards, or improperly fit mattress

- Post must be no farther apart than 2 3/8 inches
- Mattress should fit snugly in crib
- Refer to Juvenile Products Manufacturers Association Certification Requirements

**Potential Danger**

Child falling out of window

Possible Solutions

- Don't Place furniture (dresser, beds, bookcases, etc.) under windows. Children may climb and fall out of the window
- Install window locks

Strangulation on window blind cords

- Window Blind Cord Wind-up

Not hearing your baby

- Nursery Monitor

GARAGE**Potential Danger**

Fire

Possible Solutions

- Fire Extinguisher
- Smoke Alarm
- Use gasoline properly - ONLY to power vehicles or machinery
- Eliminate stores of newspapers and magazines
- Store flammable liquids (gasoline, paint, lighter fluid) only in small amounts and in safety cans

Refrigerator/Freezer

- Keep locked to prevent children from playing in or around them.

BASEMENT/UTILITY AREA

Potential Danger

Fire

Possible Solutions

- Smoke Alarm
- Fire Extinguisher
- Keep storage and laundry areas away from furnace and hot water heaters



Refrigerator/Freezer

Keep locked to prevent children from playing in or around them

CRIME DETERRENTS IN YOUR HOME

Potential Danger

Too little exterior lighting makes home a break-in target

Possible Solutions

- Motion Sensing Lighting

Too little interior lighting makes home a break-in target

- 24-hour Lighting Timer
- Automatic Light Control (turns light on when anyone walks into room)

Potential Danger

Unlocked doors

Possible Solutions

- Always lock doors
- Adjustable Door Brace (makes keeping doors locked more convenient)

Break-in

- Security Alarms (loud noise; on windows and doors)
- Motion Sensing Alarms



EMERGENCY PLANNING AT HOME

Potential Danger	Possible Solutions
<i>Power failure</i>	<ul style="list-style-type: none"> • Power Failure Night Light • Candles and matches • Swivel Head Lantern
<i>Natural Disaster</i>	<ul style="list-style-type: none"> • Power Failure Night Light • Swivel Head Lantern • Battery Supply • Candles and matches • Emergency Food Rations • Emergency Water Packets • Emergency Survivor Kit • Thermal Sleep Bag • CPR Prompt Home Learning System • Rescue and Practice Aid • Cleaning and First Aid Kit

Potential Danger	Possible Solutions
<i>Accidents around the home</i>	<ul style="list-style-type: none"> • Cleaning and First Aid Kit • CPR Prompt Home Learning System • Emergency Auto Dialer • Ipecac Redipak (use only with advice from Poison Control)



ON THE GO

Potential Danger	Possible Solutions
Personal assault	<ul style="list-style-type: none"> • Myotron "Checkmate" (renders attacker passive) • Use car keys as a weapon • Personal Defense Sprays (for human or dog attacks) • Safety Whistle • Safety Alarm and Flashlight
Vehicle break down	<ul style="list-style-type: none"> • "HELP" sign • Flashlight • Safety flares • Toilet paper and water • First Aid 'N' Travel Kit • Safety Alarm and Flashlight • Cell phone or CB Radio • Highway Safety Kit
Vehicle Safety	<ul style="list-style-type: none"> • Seat belts • Children's car seats • Roller Sun Shades (to prevent a sun burn)



Potential Danger	Possible Solutions
Auto Theft	<ul style="list-style-type: none"> • Locking device for steering wheel • Stereos designed for easy removal while not driving
Camping Fire	<ul style="list-style-type: none"> • Store stove fuel or lighter fluid in safety cans and only in small quantities • Never light a candle or lantern inside a tent; use a battery-operated lantern • Build campfires at least 10 feet away from tent • Extinguish all fires properly and dispose of coals in proper receptacles



ADDITIONAL FAMILY SAFETY TIPS

Family Emergency Plan

- Develop a family emergency plan in the event of fire, natural disaster etc.
- Find safe spots in the home for "shelter in place" emergencies.
- Discuss evacuation. Plan how to take care of pets.
- Draw a floor plan of your home. Mark two escape routes for each room.
- Learn how to turn off the water, gas and electricity.
- Pick an out-of-state and local family contact to call if separated by emergencies.
- Pick two meeting places: Another building near your home in case of fire and a place outside your neighborhood in case you cannot return home after a disaster.
- Learn basic first aid and cardiopulmonary resuscitation.
- Learn about emergency plans for children's schools and day care centers.
- Keep a family emergency kit with enough supplies to survive on your own for 72 hours.

Personal Safety

- Always be alert and aware of where you are and what is going on around you.
- Every time you are tempted to take "shortcuts", walk through deserted areas, alleyways, vacant lots, or go into an abandon building, etc. think about the danger involved.
- Do not broadcast your plans in public where others can overhear.
- Never hide an extra key under a mat, in a flowerpot or in any other easily accessible place.
- When moving into a house or apartment, always change or rekey the locks or have the tumblers reset.



Family Safety

- To child proof your home, crawl around at a child's eye level to see potential dangers.
- Teach children rules for opening the door:
 1. Never until a visitor identifies himself
 2. Develop an "o.k. guest list" of those allowed in your home when parents are away.
- Teach children rules for answering the phone:
 1. Never give out any information without knowing who the caller is.
 2. Never let a caller know you're home alone - imply parents need to call them back.
- Teach children the proper use of the "911 emergency system." Have them know their name, address, phone number and parent's names.
- Teach children not to speak to strangers.
- Do not let children use public restrooms alone - older children use buddy system.
- Teach children that loitering makes them an attractive target for kidnapping.
- Make sure children always tell you where they are going and when they will return. Require a contact person and phone number.



- As you or your parents age, prepare for additional security since criminals consider senior citizens easy targets.

Families are our most treasured possession. We need to use forethought and solid preparation in order to keep our families and ourselves safe. While crime is a constant threat, it is largely preventable. Common sense and a few tools can go a long way to making a family's world what it should be...safe and enjoyable.

Let's refuse to be a victim! For additional information on home and family safety, contact your local fire department, law enforcement agency, emergency planning department and affiliated safety services or firms.

CareTek
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To get a FREE Resource
Guide of Personal/Home
Safety Products, call:
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