



Home Sweet Home? Think Again!

Did you know¹...

- More injuries that require medical attention happen in the home than in public places, the workplace, and in motor-vehicle crashes combined.
- Falls are the leading cause of non-fatal accidental injuries treated in hospital emergency rooms.
- Nearly 3.1 million injury-related emergency room visits each year are associated with stairs, steps, floors, and flooring materials.
- Falls are the leading cause of accidental injuries among Americans in almost every age group.

Household Products Resulting in Injuries Treated in Hospital Emergency Departments, U.S. (2022)¹

Description	# of Injuries
Bed, chairs, tables	1,803,456
Fences, fence post	103,277
Rugs, carpets	202,542
Glass doors	102,975
Home workshop equipment	113,561
Household packing & containers	257,292

Description	# of Injuries
Refrigerators, freezers	50,804
Ladders, stools	226,362
Lawn mowers, pruning, trimming, edging equipment	85,199
Razors & shavers	45,543
Stairs, steps	2,865,817

¹ National Safety Council - Injury Facts, 2022.



Safety & Health Tips from the National Safety Council, Safe Kids Worldwide & American Red Cross

To prevent falls²...

- Keep the floor clear. Reduce clutter and safely tuck telephone and electrical cords out of walkways.
- Keep the floor clean. Wipe up spills like water and other liquids immediately.
- Use non-skid throw rugs in living areas and non-slip adhesive strips on stairs.
- Install handrails in stairways and have grab bars in the tub/shower.
- Make sure living and outdoor areas are well lit and walkways are smooth.
- Use a sturdy step stool with hand rails to reach items in high places, and keep frequently used items in accessible places

To prevent choking³...

(primarily applies to infants and young children)

- Inspect toys that include magnets and check children's play area for missing or dislodged magnets.
- Check toys for small parts or other potential choking hazards, and be mindful of toys belonging to older children.
- Cut food for toddlers into tiny pieces. Children under 5 should not eat small, round or hard foods.
- Keep small objects such as buttons, beads, jewelry, pins, nails, marbles, coins, stones and tacks out of reach and sight.
- Keep cords and strings out of reach. Move all cribs, beds, furniture and toys away from windows and window cords.

To prevent fires, smoke inhalation & burns⁴...

- Stay in the kitchen and closely monitor your meal anytime you are cooking.
- Store matches and lighters out of reach and out of sight of children.
- Use caution around heating equipment such as space heaters and fireplaces.
- Avoid using candles because of the risk. Use battery powered lights and flashlights instead.
- Install smoke alarms on every level of your home and that you maintain and test them regularly.
- Check power cords. Make sure they are not across doorways or under carpets where they might get pinched or wear out.

Tips and recommendations are believed to be reliable. LifeSecure makes no guarantee as to, and assumes no responsibility for, the correctness, sufficiency, or completeness of such information.

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² National Safety Council, "Slip, Trip and Fall Prevention will Keep Older Adults Safe and Independent," www.nsc.org, January 2021.

³ SafeKids Worldwide, "Choking and Strangulation Prevention Tips," www.safekids.org, 2023.

⁴ American Red Cross: Home Fire Preparedness Checklist, www.redcross.org, 2023.