

Safety at home

Explain dangers

The purpose of delivering safety talks and providing health and safety training is to encourage you to work safely and to think about health and safety at work. But off-the-job safety is also important.

Studies have found that more accidents happen in the home than anywhere else.*

Just like at work, at-home incidents are caused by improper practices and lack of precautions and protection. That is why safe practices at home are just as important as safety on the job.

Whether you are at work or at home, driving for work or driving for pleasure, being healthy and safe requires taking proper precautions and practicing safe procedures.

Identify controls

SAFETY WHILE DRIVING

- Do not speed.
- Maintain your vehicle in good mechanical condition.
- Watch out for other drivers.
- Allow for proper stopping distances.
- Be courteous, especially if you are in a company vehicle.
- Remember that drinking and driving do not mix. Do not drive if you are impaired or under the influence of drugs and alcohol.

SAFETY AT HOME

- Eliminate slipping and tripping hazards.
- Do not overreach when on a ladder.
- Minimize possible electrical exposures.
- Teach your family to identify hazards.
- Learn basic first aid and CPR.
- Do not use old or damaged equipment.
- Maintain home systems like the furnace, exteriors, windows, etc.
- Do not remove tool guards for power tools.

*For more information, visit the following web page:
www.rosipa.com/home-safety/advice/general/facts-and-figures/

- Use cameras, alarms, and motion lights.

SAFETY DURING AN EMERGENCY

Across Canada, we face a number of natural hazards. Knowing what to do in an emergency situation is part of being prepared.

- Be prepared to take care of yourself and your family for a minimum of 72 hours during an emergency (i.e. prepare a list of medications, know how to find the nearest hospital, etc.)
- Develop an emergency plan and follow it.
- Have an emergency kit on hand.
- Make sure you are safe before assisting others.
- Listen to the radio or television for information from local officials and follow their instructions. Have a back-up for communication.
- Stay put until all is safe or until you are ordered to evacuate.
- If you have to leave your home, protect it by:
 - Shutting off water and electricity if officials tell you to
 - Locking your home
 - Leaving natural gas service on, unless officials tell you to turn it off. (If you turn off the gas, the gas company will have to reconnect it. In a major emergency, it could take weeks for a professional to respond.)
- Keep the contact information for your local utilities on hand.

Demonstrate

Review some potential emergency risks in your region with your crew and discuss how to prepare for different situations. For example, how would you respond to ice storms, floods, storm surges, fires, or hurricanes?

Discuss what type of emergency kit you should purchase for your home and what should be included.