

# 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's why safe practices at home are just as important as safety on the job.

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

## Identify controls

### SAFETY WHILE DRIVING

- Don't speed.
- Maintain your vehicle in good mechanical condition.
- Watch out for other drivers.
- Allow for proper stopping distances.
- Be courteous, especially if you're in a company vehicle.
- Remember: Drinking and driving don't mix. Don't drive if you are impaired or under the influence of drugs and alcohol.

### SAFETY AT PLAY

- Be careful not to overexert yourself.
- Always loosen up before you begin playing a sport.
- Learn the safety rules associated with your recreational activities (i.e., boating, hunting).
- Teach your family how to play safely and always enforce the rules.
- Know your limits. Don't try to keep up with people who are younger or more athletic than you are.

\*For more information, visit the following web page:  
[www.rospa.com/home-safety/advice/general/facts-and-figures/](http://www.rospa.com/home-safety/advice/general/facts-and-figures/)

## SAFETY AT HOME

- Eliminate slipping and tripping hazards.
- Don't overreach when on a ladder.
- Minimize possible electrical exposures.
- Teach your family to identify hazards.
- Learn basic first aid and CPR.

## 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.
- 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.
- 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.)

## 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 storm, floods, storm surges, fire, or hurricanes?

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