

# Safety and Health Week Newsletter

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Together we can create safe workplaces and communities

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## SMOKE DETECTORS

Working smoke detectors can increase your chances of surviving a fire by up to 50%!

- ✓ Install smoke detectors as required by the National Fire Code of Canada – on every level of the home including the basement and outside all sleeping areas.
- ✓ Ensure they are working properly. Test them monthly, change the batteries twice a year, and replace as recommended. Use the date of manufacture as your guide and not the date of installation.
- ✓ Develop and practice a fire escape plan with every member of your household.



## CARBON MONOXIDE DETECTORS

Carbon monoxide is a gas that you can't smell, see, or taste but it can make you very sick and even kill you! It accumulates when appliances that burn fuel such as oil, gas, wood, propane, or kerosene are not ventilated or working properly.

- ✓ Ensure that your fuel-burning heating appliances are installed correctly, properly repaired, maintained, and inspected annually.
- ✓ Make certain that vents to the outdoors are not blocked by dirt, debris, nests, shrubs, snow, or even dead animals.
- ✓ Install carbon monoxide alarms on every level of your home to alert you to danger. They are required by law. Test them monthly, change the batteries twice per year, and replace as recommended. Use the date of manufacture as your guide and not the date of installation.



## KITCHEN FIRES

Did you know that cooking fires are the leading cause of house fires and that most of those are caused by unattended cooking? Here are some tips on kitchen fire safety.

- ✓ Keep flammable items such as paper towels, dish towels, sleeves, ties, oven mitts, and pot holders away from the stove top and oven.
- ✓ Turn off the stove and oven immediately after use and remove food to a safe area to cool.
- ✓ Keep a working fire extinguisher in or near the kitchen in a visible location. Never use water on a grease or oil fire!
- ✓ Stay alert while cooking and never leave cooking foods unattended.
- ✓ Install proper smoke detectors, test them monthly, change the batteries twice a year, and replace as recommended.

## HOME FIRE ESCAPE & EVACUATION PLAN



Developing a fire escape and evacuation plan with all members of your household in advance of an emergency is extremely important. You may have to exit the house due to a fire, presence of carbon monoxide, gas leak, or other serious situation.

- ✓ Draw a floor plan or map of your home, showing all windows and doors.
- ✓ For each room, determine two ways out.
- ✓ Ensure all windows and doors open easily from the inside.

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- ✓ *Pick a meeting place outside of the home where everyone can gather after safely exiting.*
- ✓ *Recognize that members of your household may not respond to the sound of an alarm so an alternate means of notification may be required.*
- ✓ *Practice your plan at least twice a year with everyone in your household. Young children may need extra help understanding what to do in an emergency.*

## HOUSEHOLD CHEMICALS



*Each year, Canadians spend millions of dollars on household products such as air freshener, ammonia, bleach, detergent, disinfectant, drain cleaner, pesticide, hard surface cleaner, etc. but just because they are common does not mean that they are not dangerous.*

- ✓ *Read labels to determine ingredients and special handling instructions, including safe storage and disposal. Look for hazard symbols.*
- ✓ *Follow directions for use and dilution. Never mix together household chemical products as this could cause severe chemical reactions such as explosions and harmful gases.*
- ✓ *Wear proper clothing and protective equipment.*
- ✓ *Ensure proper ventilation by opening doors and windows or running exhaust fans during and after using the product.*
- ✓ *Remember that child-resistant does not mean child-proof. Keep products out of sight and out of reach of children, pets, and people with cognitive difficulties. The best thing to do is lock them up!*

## OTHER IN-HOME SAFETY TIPS



*Did you know that dull knives can sometimes be more dangerous than sharper ones? They can easily slip and cause serious injury.*

- ✓ *Use knives safely. Always cut food away from yourself and towards a cutting board.*
- ✓ *Always store knives in a safe location away from the reach of young children and don't put them in a sink of soapy water where they cannot be seen clearly.*
- ✓ *Never run with a knife in your hand and don't use it to point or gesture.*

*Slips, trips, and falls can cause serious injuries that could permanently affect the quality of your life and that of your family.*

- ✓ *Ensure paths in the home are clear of any obstructions. Put away toys and other items when not in use.*
- ✓ *Make certain that electrical cords are not a tripping hazard.*
- ✓ *Avoid storing items on stairs.*
- ✓ *Clean up spills immediately.*

*Regular safety sweeps of your home can help you to be pro-active and increase the level of safety for everyone, including visitors.*

- ✓ *Ensure exterior walkways and stairs are in good repair and free of items that could cause someone to trip and fall.*
- ✓ *Place fire extinguishers in your home, ensure they are regularly inspected, and know how to use one.*
- ✓ *Avoid overloading electrical outlets with too many appliances.*
- ✓ *Keep small appliances away from water sources and ensure that outlets near water such as in the bathroom, kitchen, and laundry room have ground fault circuit interrupters (GFCI).*
- ✓ *Keep a well-stocked first aid kit.*

## HELPFUL REFERENCES



*Feel free to check out websites on the internet for more safety tips!*