



Solutions Home Fire Safety Project

Along with fire safety, it is important to prevent accidental poisonings and falls in your home. Here are just a few tips to help keep you safe:

Prevent Accidental Poisoning

Around the House:

1. Carbon Monoxide Alarm!

Install a Carbon Monoxide (CO) alarm in your home. Test it regularly. Change the batteries when needed.

2. Keep warm safely!

Check all gas heating stoves, space heaters, furnaces, fireplaces, and generators every year. Make sure they are in good working order.

3. Read, read, read!

Always read the labels of household products before using. They may be poisonous.

4. Lock'em up!

Store chemicals and other household products out of the sight and reach of children. Install child safety locks on cabinets.

5. Be original!

Keep potential poisonous products in their original containers. Never put them in containers that could be something else.

6. No mixing!

Never mix household products together. For example, mixing bleach and ammonia makes a toxic gas!

7. Protect yourself!

Wear protective clothing (eye protection, gloves, long sleeves, long pants, socks, shoes) when you spray pesticides and other chemicals.

8. Clear the air!

Turn on a fan and open windows when using chemical products like household cleaners.

Drugs and Medicines:

1. Know your meds!

Know the medicines you are taking. Read all warning labels. Do you take it before, after, or with meals? Know possible side effects. Contact the doctor or poison control if you become concerned.

2. Follow the directions!

Take all medications as instructed on the label. Not sure? Ask your doctor or pharmacist.

3. Can't we just all get along?

Do you need to avoid some foods or drinks while taking certain medicines? Check!

4. Communicate!

Tell all your doctors, nurses, and pharmacists what medicines you are taking. Everyone that prescribes you medications needs to know what others have done. Some medicines do not get along well with other medicines.

5. Keep the original!

Always keep medications in their original bottles and containers.

6. It's okay to be stingy!

Never share or sell your prescription drugs. You are not qualified.

7. Mind the dose!

Only take the prescribed dosage. Do not take larger doses or take doses more often, especially pain medications.

8. Lights, please!

Turn on the light, if it's dark when you take any medications. You need to see what you are taking.

Children (and pets):

1. Out of sight!

Keep all medicines out of the reach and out of the sight of children and animals.

2. Be resistant!

Buy medicines and household products in child-resistant containers and packaging, whenever it is possible.

3. It is not candy!

Do not tell children that medicine is "candy," because it is NOT.

4. Keep tabs!

Monitor the use of any medicines prescribed for children and teens, including meds for ADD and ADHD.

In General:

1. Good riddance!

Check expiration dates. Discard old medicines and household chemicals properly when they are out of date.

2. Stop before you toss!

Most medicines and household chemicals should NOT be put in the trash, poured down the sink, or flushed! Discard as instructed. Watch for community hazardous materials discard programs.

3. It's not just the obvious!

Harmful products are more than drugs and household chemicals. Many everyday products you would not suspect are very dangerous to humans, animals, and the environment including makeup, personal care products, bath salts, plants, art supplies, pesticides, lead, and alcohol, just to name a few.

Be prepared:

1. Know the number!

Keep the "poison help number" near the telephones at home and store it in your cell phone. The line is open 24/7. Call 1-800-222-1222

Information for these safety tips was gathered and adapted from several sources including those below. These authoritative sources are a wealth of important information. Follow their links:

Centers for Disease Control and Prevention
National Center for Injury Prevention Control

<http://www.cdc.gov/HomeandRecreationalSafety/Poisoning/index.html>

SAFEKIDS Worldwide™

<http://www.safekids.org/safetytips>

American Association of Poison Control Centers, Inc.

<http://www.aapcc.org/>

U. S. Food and Drug Administration

<http://www.fda.gov/default.htm>

<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/default.htm>

American Academy of Pediatrics

<http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Poison-Prevention-and-Treatment-Tips-.aspx>



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