

How safe is your home? You may be surprised to find that fall, fire and poisoning hazards exist inside nearly every American home. According to the National Safety Council, more than 8 million injuries and 33,000 deaths occurred in the home last year.



And if you have children, the statistics are even more alarming: more than 4.5 million children (under the age of 14) are injured at home each year. Accidental injuries kill more children than all childhood diseases combined.

The most tragic fact is that the majority of these accidents were preventable. Unsafe conditions can be spotted and corrected with little effort.

Tips for a Safe Kitchen

The kitchen is one of the most commonly used rooms in the home, and it is also among the most dangerous. Each year more than 18,000 injuries are related to the kitchen range alone. Here are three tips to help you eliminate hazards in the kitchen.

- 1) Turn pot handles away from the stove front. Turning handles in so they don't hang over the front edge of the stove minimizes the risk of tipping pots over or having curious children pull them off the stove.
- 2) Don't throw water onto or use a fire extinguisher on a grease fire. Water or fire extinguisher chemicals can actually spread a grease fire. Keep a pot lid near the stove to smother flames in a pan quickly. Then turn off the burner and leave the pan on the stove. If a fire occurs in the oven, close the door. Then turn off the oven.
- 3) Store knives in a special rack or compartment. Knives should be stored out of reach of children and separately from other utensils to avoid cutting yourself when reaching into the drawer.