The mission of the Utah Safety Council is to save lives by promoting safety and health through education, services, and products.
Take Safety Home

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HOME AND COMMUNITY PROGRAM MANAGER
How many unintentional-injury-related deaths occur every hour in the home?

A. 1
B. 3
C. 5
D. 7
...64 cents of every dollar paid in federal personal income taxes, or

...51 cents of every dollar spent on food in the United States.
820.6 billion
+
4,253.9 billion (lost quality of life)
------------------------
$5,074.5 billion
Leading Causes of Unintentional Injury-Related Deaths in Home & Community

Leading causes of unintentional-injury-related deaths in home and community, United States, 2013

- **Poisoning**: 38,600
- **Falls**: 26,000
- **Choking**: 8,700
- **Drowning**: 2,700
- **Fire, flames or smoke**: 2,700

*Inhalation and ingestion of food or other object that obstructs breathing.*

Poisoning
What is a poison?

Any substance that can cause severe organ damage or death if ingested, breathed in, or absorbed through the skin.
Examples

- Drugs
- Household cleaning products
- Cosmetic and personal care
Examples

- Plants
- Pesticides
- Auto Fluids
Poisoning

• Who is most affected: children or adults?

• Adults account for 91% of all poisoning deaths
Preventing Drug Overdose

• Do not combine or add medication without a doctor or pharmacist’s approval

• Store all medicines separately from household products

• Always read the label before using and follow the instructions for their proper use
Preventing Drug Overdoses

- Store all potential poisons in their original, labeled containers. Leave the original labels on all medications.
- Turn on a light when taking or giving medication.
- Don’t give prescription drugs to friends or family.
- Clean out your medicine cabinet periodically.
Child Poison Prevention Tips

- Store all medicine and household products in locked or childproof cabinets
- Don’t take medicine in front of children
- Don’t refer to medicine as “candy”
- Teach children to ask before eating or drinking anything
Proper Drug Disposal

1. Take your prescription drugs out of their original containers.

2. Mix the drugs with an undesirable substance, such as kitty litter or used coffee grounds. This will make them less appealing to children and pets.

3. Place the mixture in a sealable container and put it in the trash.
Slips, Trips, & Falls

Home shopping ladder blooper
Falls

Adults age 65+ are at the highest risk.

One in three older adults fall each year:

◦ Injuries from falls usually mark the beginning of the end of an active life.

◦ Limited activity, reduced mobility, loss of fitness and fear of falling.

◦ The good news is…
Fall Prevention Tips - General

- Install nightlights
- Keep stairs and walkways clear from clutter
- Use the handrails when walking up and down stairs
- Wipe up spills immediately
Fall Prevention Tips - General

• Remove throw rugs or use tape to keep them from slipping
• Use a stepstool to get things up high
• Wear proper shoes for your activity
Choking & Suffocation
Choking Prevention Tips - Children

- Buy age-appropriate toys
- Keep areas free of small objects, such as marbles, coins, buttons, etc.
- Teach kids to sit while eating and to take small bites
- Don’t give children foods that can easily lodge in their throat
Choking Hazards to the Elderly

- Water
- Hot dogs
- Steak or big pieces of meat
- Chicken with bones
- Popcorn or pizza
- Hard candy
- Bread, cake, milk
Choking Prevention Tips - The Elderly and Adults

- Take small bites and chew thoroughly
- Cut meat into small pieces
- Avoid talking and laughing with food in your mouth
What do I do if Someone is Choking?

• If victim is coughing strongly or able to talk, then they try to expel the foreign object by themselves.
• If victim displays a weak or ineffective cough, have someone call 9-11 and start performing abdominal thrusts.
  • Never place your hands on the breastbone or lower rib cage.
• Know the universal choking sign.
Suffocation Prevention Tips - Children

- Only place infants on flat, firm surfaces
- Remove any pillows, stuffed animals, or toys from crib
- Crib bars should be spaced close enough so kids can’t fit their head through
Strangulation Prevention Tips - Children

- Remove ribbons, strings, necklaces, etc. when playing or sleeping
- Don’t dress small children in clothes with drawstrings
- Keep cords and window blind strings out of children’s reach
Drowning
Swimming Pool Safety

• Install a fence at least 5 feet high around pools and spas. Remember to keep them locked.

• Make sure pool drains have the appropriate covers.

• Keep a phone and emergency contact numbers near the pool.

• Keep a first aid kit near the pool.
Safety in Open Bodies of Water

• Always supervise children
• Wear water shoes to protect your feet
• Watch out for weeds or grass that could entangle your arms or legs
• Avoid swimming in large waves or undertows
• If caught in a rip current or undertow what do you do?
• Always get out of the water during bad weather
Drowning Prevention Tips - Children

- Limit time in hot tubs
- Designate a “spotter” to watch swimmers in the pool
- Always wear a life jacket on a boat
- Enroll children over three in swimming lessons
Fires & Burns
Fire and Burn Prevention Tips

- Cook with pots and pans on back burners
- Never leave children in kitchen alone
- Don’t hold kids and hot liquids
Fire and Burn Prevention Tips

- Unplug irons after use
- Set water heater to 120 degrees
- Never leave candles burning unattended
- Have working smoke alarms
Fire and Burn Prevention Tips

Consider installing a home sprinkler system.
Questions?
Thank You!

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