



Household Products Resulting in Injuries Treated in Hospital Emergency Departments, United States, 2008

Description	# of Injuries
Beds, chairs, tables	1,220,726
Fences, fence posts	111,329
Floors, rugs, carpets	1,340,541
Glass doors	30,140
Home workshop equipment	146,313
Hot water	38,023
Knives	415,539
Ladders, stools	234,934
Lawn mowers, pruning, trimming, edging equipment	120,244
Packaging & containers – household	363,807
Razors and shavers	40,965
Sleds	23,896
Stairs, steps	1,213,555
Swimming pools	89,628
Swings, swing sets, monkey bars, playground climbing	139,904
Trampolines	104,752

HOME SWEET HOME? THINK AGAIN!

Did you know...?

- Disabling injuries are more numerous in the home than in public places, the workplace, and in motor-vehicle crashes combined. ¹
- Falls are the leading cause of non-fatal accidental injuries treated in hospital emergency rooms. ¹
- Over 2 million injury-related emergency department visits each year are associated with stairs, steps, floors, and flooring materials. ¹

¹ National Safety Council – Injury Facts, 2010



SAFETY AND HEALTH TIPS

from the National Safety Council: ²

To prevent falls...

- Keep the floor clear. Reduce clutter and safely tuck telephone and electrical cords out of walkways.
- Keep the floor clean. Clean up grease, water and other liquids immediately. Don't wax floors.
- Use non-skid throw rugs to reduce your chance of slipping on linoleum.
- Install handrails in stairways. Have grab bars in the tub/shower.
- Make sure living areas are well lit. We can all trip and fall in the dark.
- Be aware that climbing and reaching high places will increase your chance of a fall. Use a sturdy step stool with hand rails when these tasks are necessary.
- Follow medication dosages closely. Using medication incorrectly may lead to dizziness, weakness and other side effects. These can all lead to a dangerous fall.

To prevent suffocation...

(primarily applies to infants and young children)

- Keep toys with long strings or cords away from infants and young children.
- Keep floors, tables and cabinet tops free of small objects that could be swallowed.
- Never let children of any age eat or suck on anything, such as hard candy, while lying down.
- Place an infant or child's bed away from any windows. Check window coverings for potentially hazardous pull cords.

To prevent fires, smoke inhalation & burns...

- Install smoke detectors on every level of the house, particularly outside of sleeping areas. Test detectors monthly and replace batteries twice a year.
- Keep an all-purpose fire extinguisher in your kitchen (one rated for grease fires and electrical fires).
- Keep matches, lighters and candles out of reach and out of sight of children!
- Don't ever let someone smoke in bed. Make sure that cigarettes/cigars are extinguished properly before dumping ashes.
- Avoid grease build-up in the kitchen and on appliances. Cooking fires are common. Don't leave food cooking on stovetops unattended.
- Inspect wires. If you find any worn or exposed wiring from appliances, discontinue their use immediately!
- Space heaters can be dangerous if not used correctly.
- Chimney fires are common. Have your chimney inspected and cleaned annually.
- Keep appliances unplugged when not in use.

Don't let the financial impacts of an accidental injury take you by surprise.

A Personal Accident Insurance policy from LifeSecure can assist with expenses – and help pay for your unexpected needs.

Talk to your agent today, or

VISIT US ONLINE AT
www.YourLifeSecure.com for more information.

Disclaimer: Tips and recommendations are believed to be reliable. LifeSecure Insurance Company makes no guarantee as to, and assumes no responsibility for, the correctness, sufficiency, or completeness of such information.

² Information from the National Safety Council website, www.nsc.org – August 2011