

Aurora **safety** Solutions

Home safety

Unintentional home injury is a major public health problem in the United States. According to *Home Safety in American Council's* research, preventable injuries at home:

- Resulted in nearly 20,000 deaths
- Caused nearly 21 million medical visits
- Are the fifth leading cause of death overall
- Are 2.5 times more likely to cause injury than car crashes
- Cost our nation \$380 billion

These statistics are a very large number and if we are not aware of our environment and take action when it comes to safety, we have the potential to be apart of those numbers.

It just takes a minute here and there to create a safe work environment and home for everyone!

- Wipe up messes on the floor immediately! Whether it is from a spill in the kitchen or water left on the floor from a bath or shower. Being the one to wipe it up, may prevent a slip or fall.
- In those winter months make sure to salt and sand often. At the first signs of snow or ice, spread salt and sand repeatedly to ensure a slip free surface.
- Pick up clutter to prevent tripping.
- Turn pot handles to the back of the stove to prevent someone from accidentally knocking a hot pan onto themselves, or the floor.
- Allow yourself extra time so you are not in rush mode. Rushing causes stress to the consumers as well as yourself and often results in vehicle accidents.
- G.O.A.L. (Get Out And Look) before backing a vehicle.

- Do not let your cell phone distract you
- Get plenty of rest and your body and mind will work more efficiently.
- Stretch a number of times throughout the day to maintain flexibility in your back, shoulders and limbs.
- Take a minute to stop and think before approaching a consumer that is anxious or agitated. Stepping in when you shouldn't, could result in an unnecessary injury.
- Make sure you are communicating with the others you are working with to prevent injuries.
- Make sure you are washing your hands between tasks to prevent any illnesses.

"Know safety, no injury. No safety, know injury."



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www.Employee.AuroraServices.com