

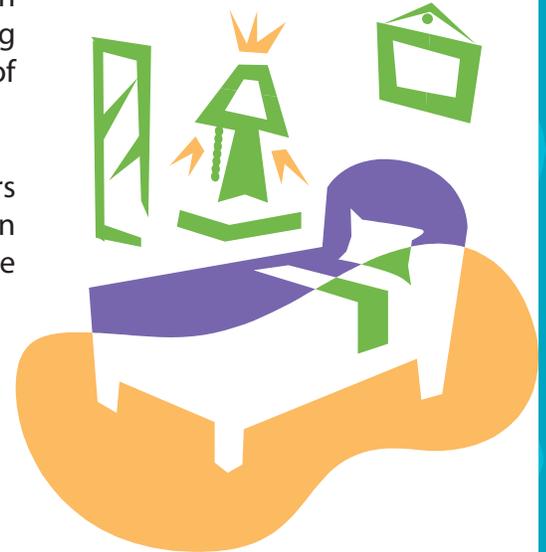


Safety Begins at Home

...in the Bedroom

The bedroom is often thought of as one of the safer places in the home. The emphasis for safety in this room begins with one essential element – a working smoke detector. The smoke detectors should be located in the hallway outside of the bedrooms. It is important to have a telephone and flashlight located near the bed for use in the event of an emergency. As with other rooms in the house, adequate lighting, well-maintained flooring and clutter-free floors and furniture are critical to maintenance of safety.

Furniture may also contribute to accidents. Low beds and chairs may be difficult to use. There may also be too much furniture in the room making the area hazardous and contributing to the potential for stubbed toes or trips and falls.



Take a look around your bedroom.

What can you remove or change to help prevent injuries?

- Repair torn carpeting and uneven flooring.
- Remove throw rugs. If not possible to remove them, keep rugs out of high traffic areas and make certain rugs have a non-skid backing.
- Take some of the furniture out of your bedroom and arrange the remaining furniture to prevent tripping. Make sure there is plenty of room for you to walk around the bed. Furniture can be placed around the perimeter of the room to provide support for those who are unsteady on their feet.
- Don't run electrical cords under furniture and rugs. Keep them away from high traffic areas.
- Keep combustible items (clothing, curtains, bedding, etc.) at least 3 feet from portable heaters. It is best not to use a space heater in the bedroom because of fire and carbon monoxide poisoning risks.
- Get rid of the clutter and keep walkways clear.
- Trade in your very low or tall bed for a bed that is a good height for you.
- If possible, relocate your bedroom to the first floor of your home.



Add safety devices and tools to your bedroom.

- ➔ Install a smoke detector on the ceiling outside your bedroom. Test it at least twice a year. A good time to do that is when you reset your clocks.
- ➔ Add a table by your bed that is large enough to hold a phone, lamp and other important items.
- ➔ Keep a working lamp and phone on the bedside table.
- ➔ Post emergency numbers and your address next to the phone.
- ➔ Plug a night light into an outlet to light your way to the bathroom after dark.
- ➔ Place a flashlight on the bedside table.
- ➔ Keep a sturdy arm chair in the bedroom. This provides a place to sit, if needed, while dressing.
- ➔ Always place reading materials on the bedside table and not on the floor.



According to the Home Safety Council, 8 out of 10 fire deaths occur in home often at night when people are sleeping.

Practice fire safety

Develop a fire escape plan by identifying two exits from every room. Start by selecting a safe spot just outside the home where the family will meet after escaping. Make sure everyone in your home knows where to meet. Hold a fire drill at least twice each year, including one at night. If you live alone, let your neighbors know where your safe spot is located.

Never smoke in bed!



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