



Co-funded by the
Erasmus+ Programme
of the European Union



ONLINE ACTIVITY 1

Risk Situations at Home



This information only reflects the Consortium view
and the Commission is not responsible
for any use that may be made of the information that it contains.



ONLINE ACTIVITY 1

Risk Situations at Home



EXERCISE 1

- The objective is to learn about prevent risk situations at home:
 - Prevention of fires
 - How to plan an escape
 - Electrical safety
 - Hazardous materials
 - Slip and falls safety.
- Read this entire document.
- If you have questions, put them on the platform to your trainer.



ONLINE ACTIVITY 1

Risk Situations at Home

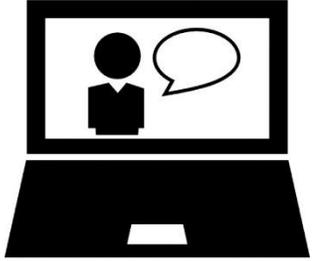


The Importance of Safety Home

Learn and follow important safety tips to help keep yourself and others as safe as possible at all times at your house.

- More serious injuries happen at home.
- You should have a home escape plan and practice it.





ONLINE ACTIVITY 1

Risk Situations at Home



Fire Safety – Preventions Actions

Dangers of fire: Take steps to make sure that you are prepared if such a situation occurs.

- Install smoke detectors in appropriate areas of the home (kitchen, garage, bedrooms), on each level of your home.
- Test smoke detectors regularly and change batteries (set the clock forward and back each spring and fall).
- Place at least one fire extinguishers in your home (kitchen) and ensure that household members know how to use them.
- Contact your local Firefighters Unit, to help you to make a fire evacuation plan and be sure that everyone in your household knows it;

practice it.

- If you have a two- or three-story home, be sure that portable fire escape ladders are accessible.
- Make sure your street address is clearly visible from the street.





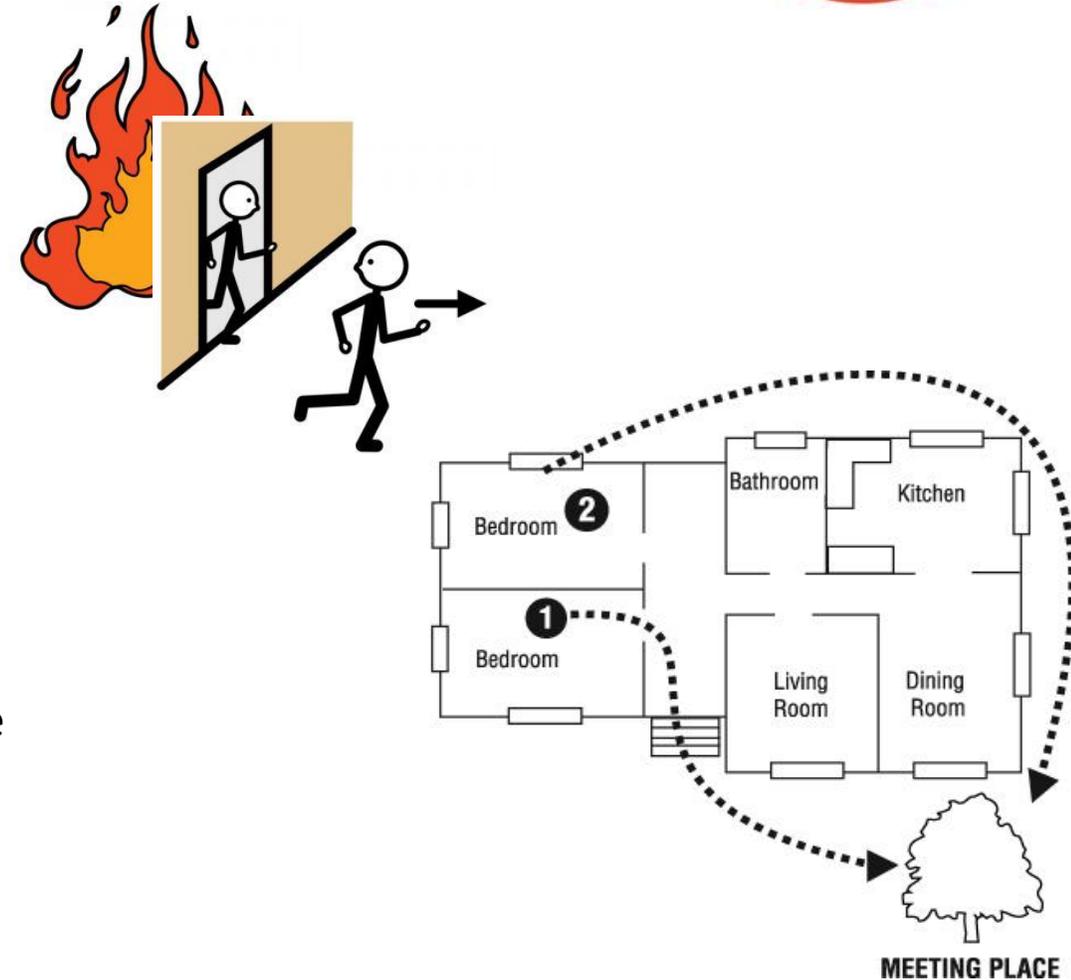
ONLINE ACTIVITY 1

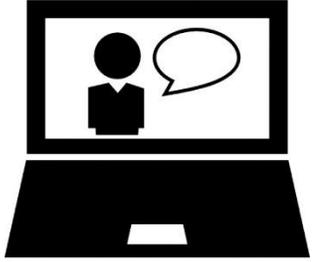
Risk Situations at Home



Home Escape Plan

- ▶ Follow the escape plan that you made with the help of the firefighters
- ▶ Don't stop—just get out!
- ▶ Move quickly but calmly.
- ▶ Don't open hot door.
- ▶ Stay as low as possible for not breathing smoke.
- ▶ Call to emergency number from outside, telling that there's a fire and the address.
- ▶ Go to meeting/safe place outside.





ONLINE ACTIVITY 1

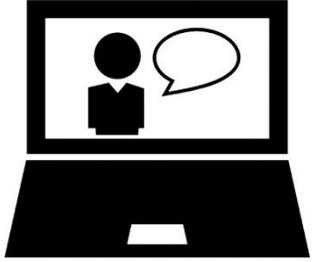
Risk Situations at Home



Fire Prevention – other tips

- ▶ Do not leave the stove, oven, iron, grill or other similar items turned on unattended.
- ▶ Do not place space heaters or candles near fabric, bedding, or anything flammable.
- ▶ Only use space heaters in areas that are properly ventilated.
- ▶ Before each season verify if the heating system and fireplace are safe to turn on.
- ▶ If you live in an apartment with elevator, don't use it, choose the stairs





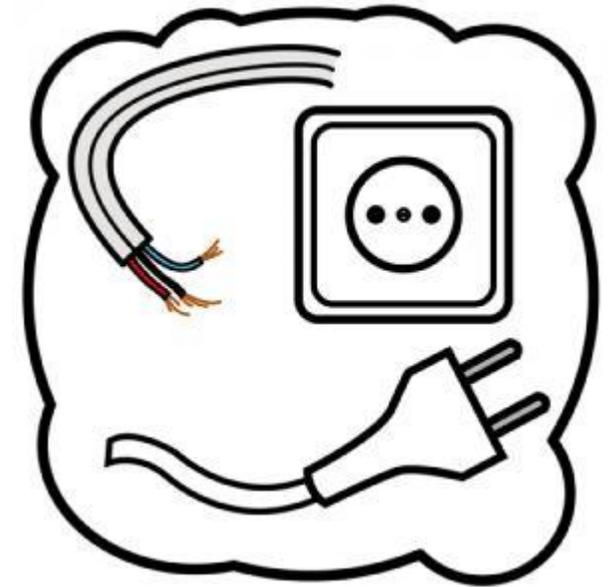
ONLINE ACTIVITY 1

Risk Situations at Home



Electrical Safety

- ▶ Check the state of cords/plugs routinely.
- ▶ Do not exceed recommended wattage. Don't overload outlets.
- ▶ Have all of the outlets used by your appliances grounded.
- ▶ Place covers over electrical outlets that are not in use.
- ▶ Keep power cords away from water, do not place them under rugs or coiled in use.
- ▶ Don't use faulty appliances.





ONLINE ACTIVITY 1

Risk Situations at Home



Hazardous Materials

- ▶ Always read labels.
- ▶ Keep hazardous materials tightly sealed.
- ▶ Use caution with flammable substances.
- ▶ Never mix household cleaning products.
- ▶ Do not remove chemical solutions from their original containers.
- ▶ Do not store chemicals in the same areas where food, beverages or medicine is stored. Store chemicals in a specific and a secure area.
- ▶ Keep the poison control phone number handy.





ONLINE ACTIVITY 1

Risk Situations at Home



Slip and Fall Safety

- ▶ Proper lighting in each room.
- ▶ Stairway handrails well firmly affixed to the wall.
- ▶ Bathroom - Install grab bars (if needed) and use bath mats.
- ▶ Rugs well firmly fixed to the floor, or removed when don't make need.
- ▶ When the floor are wet, closed the doors.
- ▶ Periodically check the shoulder pads.
- ▶ When you walk through the rooms, turn on the lights.
- ▶ Avoid leaving electrical cords, or other objects, in areas where people walk.





ONLINE ACTIVITY 1

Risk Situations at Home



Other Safety Tips

- ▶ Gas exposure - If your home uses natural gas, be sure you have working carbon monoxide detectors stored.
- ▶ Medication - Do not store medications in the same areas as food .
- ▶ Furniture - Ensure bookshelves and other tall potentially tipping furniture pieces are well fixed to the wall.
- ▶ Do not hide keys to your home (in potted plants, under the entrance rug or any other areas outside your home).
- ▶ Do not open the door to strange persons
- ▶ Keep the doors and windows closed and locked when you are not at home.

