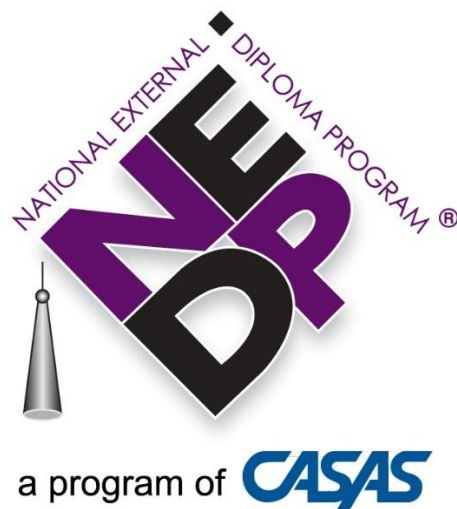




Home Hazards – Sample Competency Activities

Health Literacy

Home Hazards

Overview	Activity A	Activity B	In-Office Check
----------	------------	------------	-----------------

Purpose: Describe methods for reducing home hazards; describe proper use and maintenance of safety supplies.

Introduction

Many think of home as a comfortable and safe place, yet accidents and injuries can and do happen. Some home hazards are hidden; some are more obvious. Making a home safe requires becoming aware of these hazards and taking steps to eliminate them. Making a home safe also means protecting those who are most vulnerable to such hazards—children, the elderly, and those with disabilities. The first step to reducing home hazards is a thorough and methodical inspection of one’s home. It is also important to be prepared to deal with an accident, should one occur.

In **Activity A**, you will be asked to inspect your home and identify three hazardous conditions.

In **Activity B**, you will demonstrate your knowledge about fire extinguishers and first-aid kits.

During your **In-Office Check**, you will explain how to reduce or eliminate the three hazardous conditions you identified in Activity A.

Health Disclaimer: The information contained in the Health Literacy competencies and resources is provided for illustrative purposes. The information does not constitute medical advice or training, or the practice of medicine, and should not be considered a substitute for professional medical care.

Health Literacy

Home Hazards

Overview	Activity A	Activity B	In-Office Check
----------	------------	------------	-----------------

R1 [Home Safety Checklist](#)

Instructions

Review Resource R1, *Home Safety Checklist*, to identify some of the most common home hazards. Next, inspect your home, or the home of someone you know, and identify **three** specific potential home hazards in the home (e.g., (1) household chemicals/products, (2) electrical plugs and sockets, and (3) space heaters). As you conduct your inspection, consider the people who live there and their daily routines, hobbies and special needs.

In column 1 of the Home Safety Chart below, **check a total of three boxes from the entire chart** that could be a potential safety hazard in the home you inspect.

In Column 2, briefly describe a method to reduce each of these three hazards, referring to Resource R1, *Home Safety Checklist*.

Home Safety Chart	
1. Potential home hazards (check a total of three boxes from the entire list of 22 potential hazards below)	2. Briefly describe a method to reduce the potential hazard
Poisoning	
Carbon monoxide	
Gas leaks	
Household chemicals / products	
Medications/drugs	
Burns	
Chemicals	
Electrical plugs and sockets	
Hot water	
Matches	

Falls / Injuries	
Bathtubs and showers	
Firearms	
Large objects (bookcases, TVs, etc.)	
Power tools and equipment, including ladders	
Stairways, walkways, and pathways	
Windows	
Fires	
Fire escape or ladder	
Fire extinguishers	
Smoke detectors	
Space heaters	
Choking / Smothering	
Bedding	
Cords (electrical, vertical blinds)	
Plastic bags	
Small objects	

During your **In-Office Check**, you will explain how to reduce or eliminate the three hazardous conditions you identified in the chart above. You will not have access to Resource R1.

Health Literacy

Home Hazards

Overview	Activity A	Activity B	In-Office Check
----------	------------	------------	-----------------

R2 [Anatomy of a First-Aid Kit](#)

R3 [Home Fire Extinguishers](#)

Instructions

Review Resource R2, *Anatomy of a First-Aid Kit*, and Resource R3, *Home Fire Extinguishers*, to respond to the questions below.

First-Aid Kits

1. What are *six* essential items to include in a family first-aid kit? (Item quantities are not required)

- a.
- b.
- c.
- d.
- e.
- f.

2. When you check the first-aid kit regularly, what is one of the things you should check for?

Fire Extinguishers

3. What are the *four* necessary steps to using a fire extinguisher?

- a.
- b.
- c.
- d.

4. What substance should *not* be used on a pan of cooking grease that catches fire?

5. If it is safe to do so, what is the *first* thing you should do if the electrical wire on a toaster catches fire?