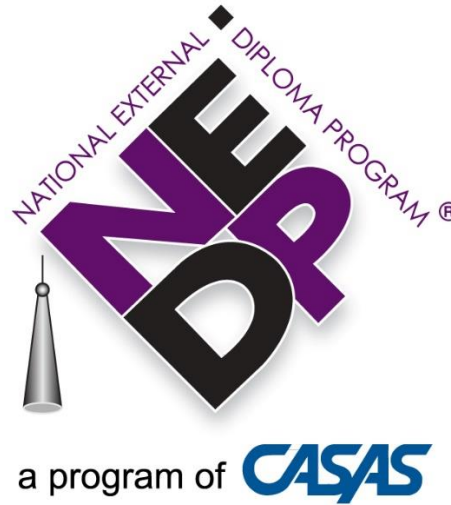
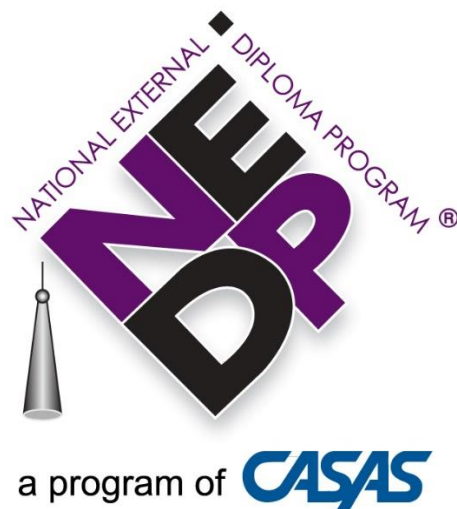




Home Hazards – Sample Competency

- Activities
- Resources
- In-Office Check
- Evaluation Criteria



Home Hazards – Sample Competency Activities

Health Literacy

Home Hazards

Overview	Activity A	Activity B	In-Office Check
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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
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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?

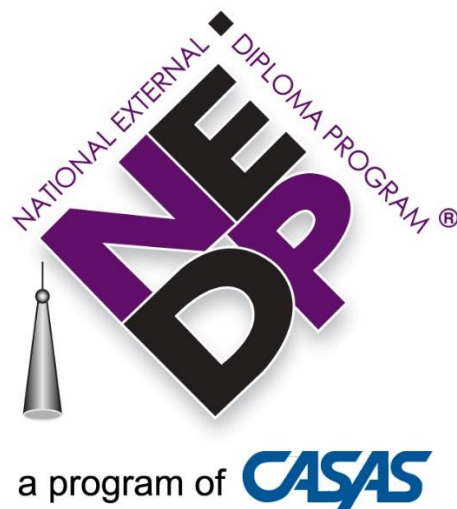
Fire Extinguishers

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?



Home Hazards – Sample Competency Resources



HOME SAFETY CHECKLIST

How safe is your home? Most homes probably could be safer. They have many hidden hazards that could be harmful to anyone—from babies to seniors. **Thirty-three million people are injured by consumer products in the home each year.*** But most injuries are avoidable, so practice prevention. Hazard-proof your home. People at different ages are more prone to certain types of injuries,

but the fact is, injuries do not discriminate. Anyone can be injured at any time, and the result can be devastating. Emergency physicians treat preventable injuries every day and have the following recommendations to help you and your family stay safe. These are basic tips that will help increase your safety—they do not reflect all the safety steps that could be employed.

Basic Checklist for the House

☐ Keep emergency numbers on every phone; include fire, police, your doctor(s), ambulance service and the poison control hotline **(1-800-222-1222)**.

☐ Make sure your house number is visible from the street.

☐ Be sure to have at least one telephone in your house connected to a land-line, because cordless phones do not work in power outages. In addition, cell phones run out of power, and their service may be interrupted in an emergency situation.



☐ Install smoke detectors and carbon monoxide detectors on every floor. Change batteries twice a year when you change your clocks for daylight savings time.

☐ Install decorative markers on glass doors so that people do not walk into them by mistake.

☐ Eliminate clutter. Keep stairways and walkways clear of tripping hazards.

☐ Have furnaces, hot water heaters and other gas appliances, as well as chimneys and flues, inspected regularly. Never use kerosene or gas space heaters in unvented rooms, and never keep cars, motorcycles or lawn mowers running in a closed or attached garage.

☐ Be cautious when using ladders. Inspect for loose or worn parts. Use only on stable, level ground, and don't overreach.



☐ Wear protective footwear and eyewear when mowing the lawn.

☐ Wear protective eyewear when operating power tools.

Home Safety Checklist For Children

Approximately 4.5 million children are injured by hazards in the home each year.* Parents should teach their children about safety at home, at school, on the playground and while traveling. This includes knowing their address and how to call 9-1-1. Never leave young children unattended. 



☐ Cover all unused electrical sockets; keep electrical cords, including cell phone chargers, out of children's reach.

☐ Install protective padding on the corners of coffee tables and any furniture with sharp edges.

☐ Use safety latches and locks on cabinets and drawers.

☐ Protect children from dangerous areas. Install safety gates at the tops and bottoms of stairways. Gates that screw to the wall are more secure than pressure gates. Place guards on banisters and railings if your child can fit through the rails.

☐ Secure tall bookcases or televisions on stands that might tip over.



☐ Use window guards and safety netting to help prevent falls from windows, balconies and landings. Window screens are not effective for preventing children from falling out of windows. (If window guards are used, ensure that at least one window in each room can easily be used as an exit in case of fire.)

☐ Tie up all vertical blind cords, and keep electrical cords out of reach, possibly by running them under a baseboard.

☐ Install doorknob covers on entry doors so small children can't leave the house unattended.

☐ Use nightlights, but keep the small plastic bulbs out of reach of children.

☐ Remove rubber tips from door stops, so children cannot choke on them, or install one-piece doorstops.

☐ Pay attention to all equipment recalls, including those for "hand-me-downs."

☐ Store out of reach all drugs and chemicals, such as cleaning products and bleach, in their original containers to ensure proper knowledge of contents.



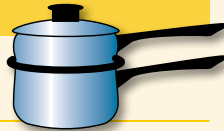
☐ Buy medicines, vitamins and household products with child-resistant caps. Store in their original containers and place out of the reach of children.

continued on back ►►

* Consumer Product Safety Commission

- ❑ Keep toys with small parts (and other small objects) out of the reach of toddlers and young children. If the object can fit easily into the cardboard center of a roll of toilet tissue, the object can pose a choking hazard.
- ❑ If you own any firearms, always store unloaded and locked. Firearms and ammunition should be stored separately.
- ❑ Remove any houseplants from children's reach.

Specific to Kitchens

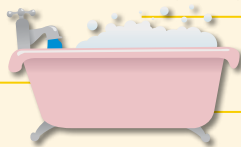


- ❑ Turn pot handles inward on stoves or place pots on back burners.
- ❑ Store glass objects or appliances with sharp blades out of reach.
- ❑ Keep refrigerator magnets and small objects out of reach.
- ❑ Keep plastic bags—garbage bags, sandwich bags, dry-cleaning bags, grocery bags—out of reach.

Specific to Bedrooms



- ❑ Use a crib that meets current standards* and has a firm, tight-fitting mattress so that your child cannot slip between the crack and the crib side.
- ❑ Ensure that crib slats are less than 2 3/8 (6 centimeters) apart.
- ❑ To avoid risk of suffocation, never place blankets, pillows or extra stuffed animals in crib.
- ❑ Never place babies to sleep in adult beds, as it puts them at risk for suffocation or strangulation.
- ❑ Make sure toy chests are non-locking and that lids have lid supports to keep them from slamming closed.



Specific to Bathrooms

- ❑ Install emergency releases on the outsides of your bathroom and bedroom doors, or cover or remove locks so children cannot lock themselves in.
- ❑ Set your water heater at a temperature no higher than 125° Fahrenheit to prevent scalding.
- ❑ Unplug curling irons, hair dryers and electric razors when not in use.
- ❑ Lock up any bottles of mouthwash, perfume, hair spray or nail polish. Also any scissors, razor blades or sharp tools.
- ❑ Install nonskid strips in bathtubs.
- ❑ Verify that outlets have grounded circuit breakers.

Outdoors

- ❑ Keep walkways clear of clutter.
- ❑ Remove ladders when an above-ground pool is not in use.

- ❑ Inspect swing-sets to make sure they are free from rust or sharp edges.
- ❑ Keep young children away from lawn mowers and other sharp garden equipment.
- ❑ If you have a swimming pool, install a four-sided fence with an automatic "child proof" gate.

Fire Safety



- ❑ Keep fire extinguishers on every floor and in the kitchen.
- ❑ Store matches and lighters in a locked cabinet.
- ❑ Keep an emergency ladder for upper levels of your home.
- ❑ Develop and practice a fire escape plan.

Home Safety Checklist for Older Adults and the Disabled

As people age, the types of injuries change, though the risk of injuries does not. Adults over age 65 are particularly vulnerable to falls and poisoning. Diminished eyesight, hearing and physical stability all play a part. To help minimize the chance of your loved one getting hurt:

- ❑ Arrange furniture to create clear pathways and reduce the risk of falling.
- ❑ Install grab bars and other safety devices to assist with getting in and out of bathtubs or showers.
- ❑ Be sure the bottom of the tub or shower has a non-skid surface.
- ❑ Install an elevated toilet seat.
- ❑ Consider using a panic button (as a pendant, wristband or necklace).
- ❑ Remove clutter. Don't leave objects on the stairs or on walkways.
- ❑ Remove throw rugs. Tack down other rugs to avoid tripping.
- ❑ Install and secure handrails and banisters on both sides of stairs.
- ❑ Install nightlights in the bedroom, hall and bathroom. Be sure the tops and bottoms of stairs are well lit.
- ❑ Install nonslip treads on bare wood steps.
- ❑ Repair loose stairway carpeting or boards.
- ❑ If there is more than one person in the household taking the same or similar medication, consider using color-coded medicine caps to prevent mixing the dosages.



The Essential Emergency First Aid Kit



Emergencies come as a complete surprise and having a complete first aid kit is a smart way to be prepared. You can purchase one (pharmacies and general merchandise retail stores usually have them), or you can make your own. Make one for the needs that may arise with specific outdoor activities, such as camping, hiking, and being on the water. Try to buy or design one for your unique circumstances. It is a good idea to have one for your home (and remember where you keep it) as well as one for your car. Make sure that both are easily accessible but out of reach of children. Your workplace probably has one and you should know where it is.

All first aid kits, whether home-made or purchased, require the following:

- Regular checks to be sure the kit is complete and in good condition.
- Replacement of out-of-date items (check expiration dates).
- Personal items, such as a list of emergency phone numbers, your family doctor, and poison help line.
- Personal medications (that do not need to be refrigerated) or other healthcare needs.

First-aid kits vary in size, with some having very basic supplies to those that include a wide range of items for multiple emergency needs. Whether you make one yourself or buy one, the items below are recommended for a family of four (you may need more or you may need less).

- 2 absorbent compress dressings – 5 x 9 inches
- 25 adhesive bandages in assorted sizes
- 1 adhesive cloth tape – 10 yards x 1 inch
- 5 antibiotic ointment packets – approximately 1 gram
- 5 antiseptic wipe packets
- 2 packets of aspirin – 81 mg each
- 1 emergency blanket
- 1 breathing barrier – with one-way valve
- 1 instant cold compress
- 2 pairs of non-latex gloves – size large
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- 13 inch gauze roller bandage
- 1 roller bandage – 4 inches wide
- 53 inch x 3 inch sterile gauze pads

- 5 sterile gauze pads – 4 x 4 inches
- Oral thermometer – non-mercury/non-glass
- 2 triangular bandages
- Tweezers
- Emergency First Aid Guide

Some first-aid kits are prepared to deal with burns, cuts and scrapes since they are a common occurrence. Others are especially designed for travel. If you have limited space, you probably need to decide which items are most essential. You may want to ask your doctor for advice on priorities for you personally.

Having a first-aid kit is not only handy to help you deal with a common injury; it can make it possible to save a life. In addition to keeping your kit well stocked, you may want to take a course in first aid from the Red Cross. For more information on classes, call your local chapter. Knowing you have a first-aid kit on hand can put your mind at ease.

References

Make a First Aid Kit, American Red Cross. Retrieved October 29, 2020, from <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>

First Aid Kits: Stock supplies that can save lives, Mayo Clinic. Retrieved October 29, 2020, from <https://www.mayoclinic.org/first-aid/first-aid-kits/basics/art-20056673>

What do I need in my first aid kit? (n.d.) The American Academy of Family Physicians (AAFP). Retrieved October 28, 2020, from <https://familydoctor.org/what-do-i-need-in-my-first-aid-kit/>

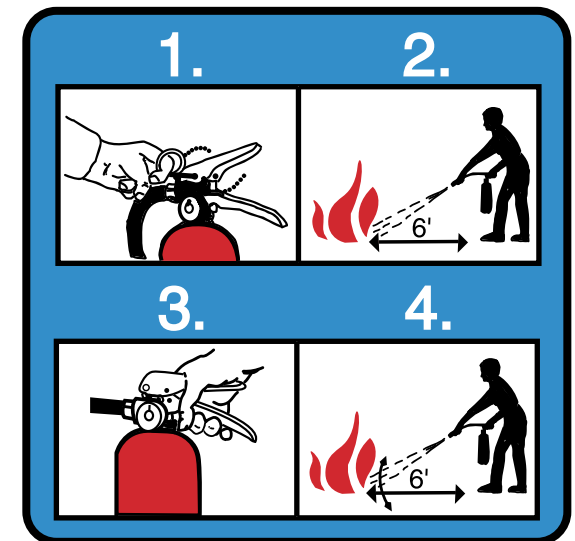
Other fire safety brochures are available from the New York State Department of State Office of Fire Prevention and Control.

Contact your local fire department.



Fire extinguishers are special pressurized devices that release chemicals or water to put out a fire. They keep small fires from spreading, assist in fighting fires until the fire department arrives and can help provide an escape route for you and your family.

REMEMBER: A fire extinguisher is no substitute for the fire department.
Always call the fire department first – no matter how small you think the fire is.



How do fire extinguishers work?

Fire is a chemical reaction called combustion. Fire needs fuel, oxygen and heat in order to burn. Fire extinguishers apply an “agent” that will cool burning fuel or restrict or remove oxygen so the fire cannot continue to burn. Small household fires can be quickly controlled by a fire extinguisher.

Every home should have at least one fire extinguisher. But simply owning an extinguisher is not enough.

One-third of all people injured by fire are hurt while trying to control or extinguish a fire. You need the right type of extinguisher and you must know how and when to use it.

provided by:

NYS Department of State
Office of Fire Prevention and Control
99 Washington Ave, Suite 500
Albany, NY 12231
phone: (518) 474-6746
fax: (518) 474-3240

e-mail- fire@dos.state.ny.us
website- www.dos.state.ny.us/fire/firewww.html

STATE OF NEW YORK
David A. Paterson
Governor

Lorraine A. Cortés-Vázquez
Secretary of State

Floyd A. Madison
State Fire Administrator

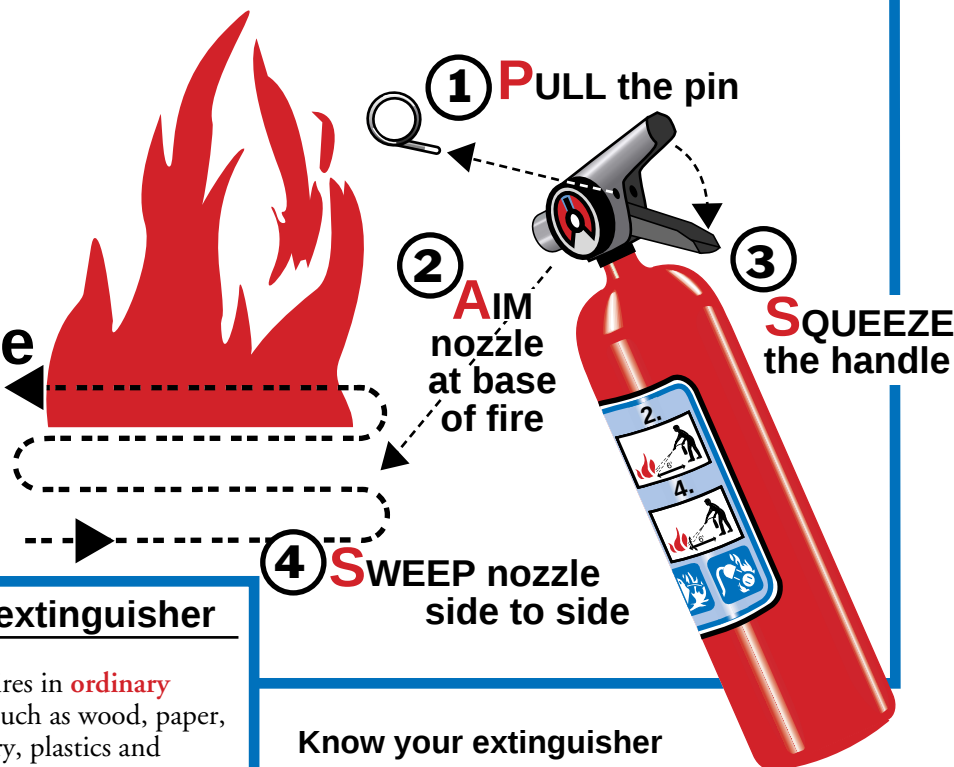
To operate an extinguisher: (Check your own extinguisher's label for detailed instructions.)

Pull

Aim

Squeeze

Sweep



Use the correct extinguisher



For **Class A** fires in **ordinary combustibles**, such as wood, paper, cloth, upholstery, plastics and similar materials: use a water or dry chemical extinguisher with either of these symbols on the label.



For **Class B** fires fueled by **flammable liquids** and gases, such as kitchen greases, paint, oil, kerosene and gasoline: use a dry chemical or carbon dioxide extinguisher with either of these symbols on the label. **NEVER USE WATER.**



For **Class C** fires involving live **electrical equipment or wires**: use a dry chemical or carbon dioxide extinguisher with either of these symbols on the label. If possible, turn off the electricity first. Once the power is off, the fire becomes class A or B.



NEVER USE WATER.

Know your extinguisher

Before you invest in one or more extinguishers, consider where you need them. Where are fires most likely to start? What type of fire would be most likely? Not all extinguishers work on all types of fires.

Discuss your needs with your local fire department. They can help you choose the best type of extinguisher for your home. Make sure you select an extinguisher which can be easily handled by all family members.

Keep extinguishers in a handy location. The best location in most situations is just inside a door or entrance, out of the reach of children. Avoid locating an extinguisher right next to where a fire could develop. Smoke, heat or flames from a fire may keep you from reaching the extinguisher. Be sure that everyone in the family knows where extinguishers are located and how to use them.

Purchase extinguishers listed by a nationally accepted testing laboratory, such as Underwriter's Laboratories (UL) or Factory Mutual (FM). Extinguishers rated ABC are effective on most types of fire.

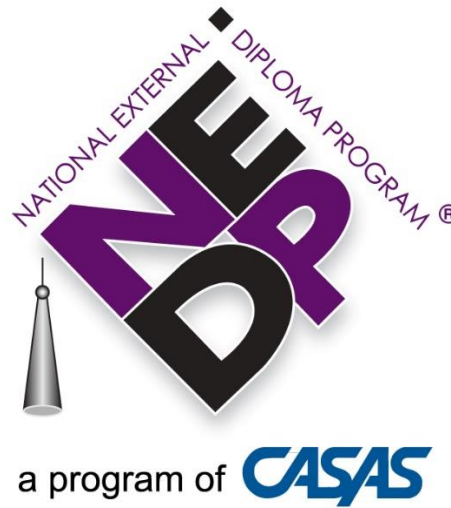
Don't fight a fire unless:

- **you call the fire department first.**
An extinguisher is no substitute for the fire department.
- **the fire is small and not spreading.**
A fire can double in size every two or three minutes.
- **you can get out fast** if you can't control the fire. Don't get trapped. Make sure the fire is not between you and your exit.
- **you have the right extinguisher** for what's burning. **READ THE LABEL!** Know what types of extinguisher you have before there is a fire.
- **your extinguisher works.**
Inspect extinguishers once a month for signs of damage, corrosion, tampering and leaks. A partially discharged extinguisher is an empty one.
- **you know how to use your extinguisher.**
It's too late to read the instructions when the fire is burning. Attend an extinguisher training class at your local fire station.

REMEMBER: Smoke detectors are your first line of defense against fires. They can warn you of a fire while it's still small enough to put out with an extinguisher and, most importantly, they can provide extra time for you and your family to escape.

DEVELOP AND PRACTICE a home fire escape plan.

NEVER GO BACK into a burning building for any reason.



Home Hazards – Sample Competency In-Office Check

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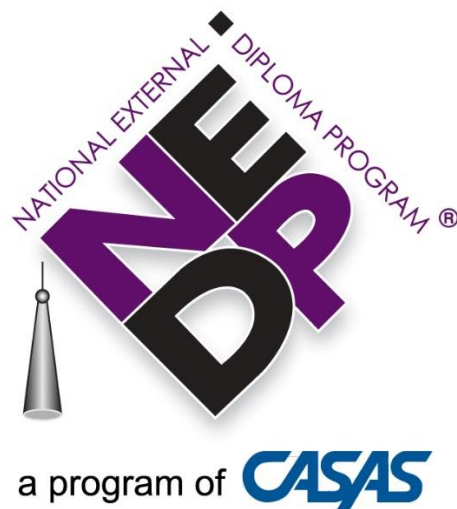
Home Hazards

Overview	Activity A	Activity B	In-Office Check
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Instructions

List the three potential home hazards you identified in Activity A. Briefly describe a method to reduce each of the three hazards.

Home Safety Chart	
Potential Home Hazard	Briefly describe a method-to reduce the potential hazard
1.	
2.	
3.	



Home Hazards – Sample Competency Evaluation Criteria

Home Hazards – Evaluation Criteria

Activity B

1. **Required:** Any six of the following:

- absorbent compress dressings
- adhesive bandages
- adhesive cloth tape
- antibiotic ointment packets
- antiseptic wipe packets
- packets of aspirin
- blanket or space blanket
- breathing barrier
- instant cold compress
- non-latex gloves
- hydrocortisone ointment packets
- roller bandage
- sterile gauze pads
- oral thermometer
- triangular bandages
- tweezers
- first aid instruction booklet

2. **Required:** One of the following responses:

- Make sure flashlight batteries work
- Check expiration dates and replace out-of-date content
- Include medications and emergency phone number

3. **Required:** The following four steps in this order:

- 3a. Pull the pin
- 3b. Aim nozzle at base of fire
- 3c. Squeeze the handle
- 3d. Sweep nozzle from side to side

4. **Required:** One of the following responses:

- Water
- Fire extinguisher that contains water

5. **Required:** One of the following responses:

- Turn off the electricity
- Turn off the power
- Disconnect the plug

Home Hazards – Evaluation Criteria

In-Office Check

2. **Required:** Plausible solution, *as presented in R1*, for each of three potential hazards checked in Column 1 of the Home Safety Chart.

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, TV's, 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 and vertical blinds)
- ☐ Plastic bags
- ☐ Small objects