##### Home and Personal Safety

Safety whether at home or at work have unique hazards that we all have to be aware of. Every year more than 160,000 American die as a result of household injury. The Center for Disease Control reports that the most common sources of home injury or death result from poisoning, falling, choking, drowning or fires/burns.

* Chemical Safety
  + There are many chemical hazards, poisons, and flammables that are stored for various uses in and around the home. A few important safeguards include:
    - Keep all chemicals tightly sealed.
    - Do not store chemicals around areas where food, beverages or medicine are stored.
    - Store chemicals out of reach of children and pets.
    - Keep the National Poison Control number available: **1 (800) 222-1222**
* Fire Safety
  + Ensure smoke detectors are installed in the kitchen, garage, bedrooms, and other areas where appropriate on each level of the home.
  + Test smoke detectors on a regular basis and change batteries when the time changes forward and backward in the fall and spring.
  + Fire extinguishers should be located in key areas of your home (kitchen, garage, etc.)
  + Prepare and practice a fire evacuation plan and ensure each member of your household is knowledgeable.
  + Ensure your street address is clearly visible from the street for emergency vehicles that have to find your home.
* Electrical Safety
  + Use extension cords only as directed and do not exceed recommended wattage.
  + Make sure all appliance outlets are grounded.
  + Test your ground fault circuit interrupters regularly.
  + Never cut or alter plugs to make them fit into an electrical outlet.
* Kitchen Safety
  + Store sharp utensils and serving ware out of the reach of children.
  + Store knifes with blades pointing to the back in storage areas.
  + Allow food to thaw in the refrigerator or microwave, not at room temperature.
  + Avoid using food past its noted expiration date.
  + Where necessary, install childproof devices on cabinets.
* Slip/Fall Safety
  + Ensure proper lighting in each room.
  + Make sure throw rugs are secure, otherwise remove.
  + Periodically check the security of thresholds and the floor beneath.
* Home Invasion Safety
  + Do not leave house keys under doormats, in potted plants, or hanging on nails or other areas outside of the home.
  + Do not leave your entire key ring when having your vehicle serviced.
  + Do not leave notes for friends, delivery drivers, or other that you are not home or when you expect to return.
  + When out of town, either stop mail and newspaper service, or have someone pick them up periodically.
  + Plant shrubs beneath windows to make entry more challenging for a burglar.
  + Keep garage door closed.
* Gardening Safety
  + Wear glasses/goggles, sturdy shoes and long pants.
  + Wear hearing protection when using machinery.
  + Use long sleeves/pants or bug repellant (such as DEET).
  + Use sunscreen.
* Boating Safety
  + Only experienced operators should control the boat.
  + Ensure there is a fire extinguisher on board.
  + Have emergency supplies available (i.e. flares, first aid kit, etc.).
  + Adhere to the number of people and weight limitations of the vessel.
  + Ensure there are floatation devices for each person on board.
  + Ensure someone on shore knows where you are going and when you are expected back.

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