

## HAZARDS AT HOME: PART 1 THE LIVING ROOM & THE BEDROOM

### *More information*

Falls, fires, drowning, poisoning ... accidents of everyday life could, in most cases, be avoided. Yet they do many **victims** every year. And if we are all concerned, **we should be more vigilant for the elderly and to sue the children.**

The accommodation appears as a safe and reassuring place. However, it can be transformed into a place of all dangers, especially for children and the elderly. So to avoid being exposed, let us remember that if protecting is essential, knowing the risks and knowing how to act in the event of an accident is vital.

It is therefore quite naturally that Activa Prevention News proposes to make you aware of the dangerous situations of your daily life. At first, for today we will talk about the living room and the bedroom

### *1) IN THE LIVING ROOM*

More than 20% of accidents occur. Electrifications, falls, suffocations, this piece is as dangerous as it seems welcoming. Some tips to avoid them

#### **a) Prevent electrification and / or electrical fires**

Often visible and within reach, electrical outlets represent a major risk of electrification and **even electrocution.**

The young child is tempted to catch a wire that goes over or touch the electrical outlets. Do not overload plugs, ensure electrical equipment is in good condition and ensure a more peaceful environment and reduce the risk of fire.

It is imperative to check the condition of the installations and to avoid overloads on the multiple outlets.

Beware of overheating which can cause short-circuits that can cause a fire.



#### **b) Prevent falls**

**The elderly and children are the most frequent victims of falls and slips.** Their consequences are dramatic, 6 to 8% of falls cause trauma. Slippery, wet floors, crowded places of passage, carpets and objects that drag, can cause slips and falls. It is important to clear **the places of passage of any obstacle.**

Children's toys **should be stored systematically after use.**



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**2) IN THE BEDROOM**

**a) Prevent suffocations and asphyxia**

The human being cannot do without oxygen for more than 3 minutes. Knowing that a child does not have the same respiratory capacities as an adult, it is imperative to store plastic bags, small toys, electric batteries, plugs of all kinds that could be put in the mouth.

**b) Preventing falls of furniture or objects**

Many pieces of furniture, chests of drawers, cabinets, consoles, televisions can accidentally switch over to children. A child is rarely aware of the danger, an open drawer is tempting to climb.

**All furniture must be fixed to the wall.** Beware of the risk of confinement: a child can slip into a toy box to hide, remain trapped and lack oxygen.

**Be also vigilant at low tables with protruding corners and install corner protectors.** They must be fixed to the wall securely and assembled in accordance with the mounting instructions.

**Drawers must always be closed after use**

**c) Preventing defenestration**

Windows that are accessible to young children must be equipped with a safety closure that prevents the child from fully opening.

The consequences of a fall are often dramatic. No furniture should be placed under a window.



The windows must be equipped with safety systems that limit the opening to 6 cm, raised railings and secure balconies.

**No furniture should be placed under a window at the risk of being used as a step.**

**THE GOOD GESTURE**

**In case of choking**

If victim breathes but is unconscious, lie on side, head down keeping spinal alignment and contact rescue (118 with mobile phone).



***Nota : Never hang a child by the feet. !!!!!!!!!!!***