

SAFETY TIP OF THE WEEK

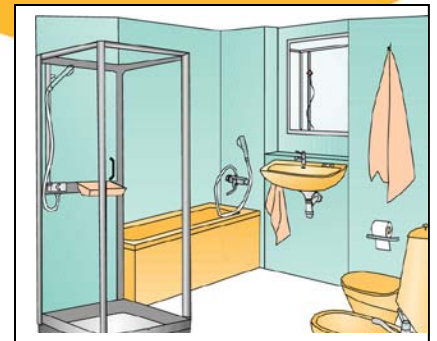
ZERO HARM

BATHROOM SAFETY

This room is usually the smallest in the house, yet with its slippery surfaces and presence of water, medications, electrical appliances, and chemicals, the bathroom is filled with a surprising number of potential hazards. A watchful eye and a few basic precautions will help you reduce the risk.

Hot Water Burns. Nearly 3,800 injuries and over 30 deaths occur in the home each year due to hot water burns. The overlooked danger:

- Liquid at 140° F can burn the skin in as little as 5 seconds – or 1 second for a young child.
- Know how hot your tap water is. Test the temperature with a bath or candy thermometer.
- Lower the temperature of your hot water heater, ideally to 120° F degrees, or just below the medium setting.
- For bathing, turn the cold water on first, then mix in warmer water until the temperature reaches around 100° F. Note that the suggested water temperature for babies is lower due to their thinner skins.
- Before placing your child in the tub, put your whole hand in the water and move it around the tub to check for hot spots.



Lock It Up. Bathrooms contain an array of risky substances, often within reach of curious children.

- Lock away medications, cleaning products, electrical appliances, and other dangerous items in a place where children can't touch them.
- Read labels carefully on products and medications. Follow all safety directions.
- Use child-resistant lids on all prescription and over-the-counter medications and supplements.

Stay in Reach. For young children, even a few inches of water in a bathtub can pose a drowning hazard. Don't let kids out of your sight:

- Always stay within arm's reach when children are bathing. Never allow older children to supervise younger kids.
- Always help young children use the sink or tub.
- If you have toddlers, use toilet seat locks and doorknob covers. Always keep bathroom doors closed.

Keep Your Footing. Everyone, especially older adults, needs sturdy support on the ground and within arm's reach to prevent falls in the bathroom:

- Be sure of your footing when entering or exiting the bath or shower. TIP: Towels racks or wall-mounted soap dishes should not be used as grab bars – they are not strong enough to support you if you slip.
- Use a non-slip mat or adhesive safety strips inside the bath or shower.
- Use bathmats to catch drips, and always wipe up spills immediately.
- Stepping from the tub is a high risk that requires your undivided attention.