Some 5,000 people die every year in the U.K. as a result of an accident in the home and a further 3 million people seek medical attention.

The importance of being safe around the home cannot be overstated. Most accidents happen in a split second and can result in untold unhappiness. Over the years we all become set in our ways, and this can put you at unnecessary risk.

The Consumer Safety Unit of the Department of Trade and Industry is concerned with welfare and safety in the home and has prepared this special safety booklet to help you to prevent accidents.

Please read our advice carefully and remember that just being more aware can help to make you safer at home.

We have also included basic first aid advice from St. John Ambulance, which could help you to deal with an emergency before professional help arrives.

It is a good idea to improve your first aid skills and we recommend that you consider attending a St. John Ambulance first aid course. To find out more telephone 08702 335231 (or see your local directory).
Kitchen

Within the older age groups more accidents happen in the kitchen than in any other part of the home.

Always take extra care when cooking or moving hot liquids.

Use a kitchen timer to remind you when cooking is completed.

Electrical and gas appliances should be serviced annually by an expert.

Mop up spills immediately, especially on the floor.

Use coiled flexes for a kettle and toaster to ensure that flexes do not hang over the edge of the work surfaces, or trail across floors. Always switch off and unplug kettles when filling them up.

Keep household chemicals out of sight and reach of visiting children.

When cooking, make sure saucepan handles are turned towards the rear of the cooker, clear of the burners.

If your grip is poor, fit non-slip handles to pans and try to use a wall mounted or electrically operated tin opener.
Living Room

Surprisingly, the second largest number of accidents occur in the living/dining room.

All fires and heaters should have the right size of guard and chimneys and flues should be cleaned at least once a year.

Where gas, solid fuel, portable gas and oil heaters are used extra care should be taken to ensure that the room is adequately ventilated.

Arrange furniture carefully, to allow you to move around freely without bumping into low level items.

Keep floor areas clear of clutter and avoid using rugs on polished floors, or use carpet tape to secure them.

Always try to wear non-slip shoes, indoors and outdoors.

Plugs should be correctly fused, according to the manufacturer’s instructions and checked for breakage or poorly fitted flex.

Have sockets conveniently situated to avoid the necessity for adaptors and flexes trailing across the floor.
**First Aid**

---

**Dialling 999**

The call is free. Give the following information:
- Full address or location of accident.
- Be as clear and precise as possible.
- Description of type and seriousness of accident.
- Description of number of casualties and type of injuries.

If it's a road accident and you're on a motorway, the emergency telephones are situated every mile and the 100m motorway posts will indicate the nearest phone.

If the casualty appears unconscious, follow the ABC of Resuscitation.

---

**The ABC of Resuscitation**

**A** OPEN THE AIRWAY

Lift the casualty's jaw and tilt his head to open the airway. Carefully remove any obvious obstructions from inside his mouth.

**B** CHECK BREATHING

Look to see if his chest is rising and falling. Listen and feel for his breath against your cheek.

**C** CIRCULATION - CHECK THE PULSE

Find the pulse on his neck by placing your fingers to the side of his windbox and pressing gently down.

If pulse and breathing are both present,

- Turn the casualty into the RECOVERY POSITION.

If there is a pulse but no breathing...

- Start artificial ventilation. If you must leave him to send for an ambulance, give 10 breaths before going and return quickly to continue.

If there is NO PULSE AND NO BREATHING...

- Phone for an ambulance, then start chest compressions combined with ventilation.

---

**Artificial Ventilation**

Place his mouth firmly.

- Take a deep breath and seal your lips around the casualty's lips.
- Blow into his mouth, watching his chest rise.
- Let his chest fall completely.

Continue at about 10 breaths a minute, checking the pulse after every 10 breaths. When breathing starts, turn him into the RECOVERY POSITION.

**Chest Compression**

Give 2 breaths of artificial ventilation. Place the heel of your hand 2 fingers breadth above the junction of the rib margin and breastbone.

- Place your other hand on top and interlock fingers.
- Keeping your arms straight press down 4-5 cm (1 1/2 - 2”). 15 times at a rate of 80 per minute.
- Repeat cycle (2 breaths to 15 compressions).

If condition improves, recheck the pulse.