

## **Safety In Your Home**

Unfortunately, according to statistics, your home is the place where accidents are most likely to occur. Preventing accidents in the home means looking closely at things you or your family do day in and out.

We want you and your family to be as safe and secure in your home as possible so we have pulled together a few general household safety tips.

### **Kitchen Safety**

- Never put metal or aluminium containers in the microwave – this can start a fire.
- All surfaces and utensils that have come into contact with raw meat should be washed to prevent cross contamination and infection.
- Refrigerated food should be stored between 0°C-5°C so that bacteria cannot thrive.
- Keep knives and sharp utensils out of reach of children.
- Do not overload kitchen wall units or pull on the doors. Overloading and pulling on the doors can pull the fixings from the wall leading to the unit falling off or shelving collapsing, which could result in injuries. **If you notice any movement in your wall units, please contact our Repairs Service on 01387 321400.**

### **Fire Safety**

- Stay safe from fire by testing smoke alarms weekly and be sure all the family know how to escape in the event of a fire.
- Avoid fire risks by using guards with all fires and heaters and keep clothing, furniture and curtains away from all heat sources, including candles and never dry clothes over the electric fire or fireguard.
- Avoid the risk of fire by never using a bulb with a higher wattage than allowed by the light fitting.

\*Look out for our Fire Safety feature coming soon on our website.

### **Electrical Safety**

- Change light bulbs safely, without the risk of falling by using a stable step-stool - avoid using old chairs to climb on. ρ Never using appliances with cracked plugs or worn cables.
- Never overload electrical sockets with too many appliances and use a power strip adapter rather than a cube adaptor.
- Don't risk electrocution by taking electrical appliances into the bathroom. Water is a good conductor of electricity so you should never touch electrical appliances with wet hands.
- Avoid passing electrical cables under rugs or carpets as they can become worn.
- Never attempt to get toast out of a toaster while it's plugged in, especially not with a metal knife.

### **Carbon Monoxide**

- Annual gas safety checks are a legal requirement as well as being essential for your safety. Please allow our tradesman access when they arrive to do your gas safety check. Any work

carried out on gas appliances must be undertaken by a Gas Safe Registered engineer so please ask to see their identification before they start work.

- If you have a wood or coal burning stove fitted, make sure it is fitted by a HETAS approved installer and ensure your chimney is swept twice a year.
- Always make sure there is enough fresh air in the room containing your gas, oil or solid fuel appliance. If you have a chimney or a flue, ensure it is not blocked up and also that vents are not covered up.
- Never take a BBQ into a building or tent when it is still warm. When the embers have nearly died down, the BBQ will produce very large amounts of carbon monoxide.

### **Slip, Trips & Falls**

- Avoid trips, slips and falls by ensuring halls and stairways are always well lit and free from clutter.
- Reduce slips and falls by cleaning up spills quickly.

### **Burns & Scalds**

- Avoid burns and scalds by always using the back rings on a cooker or hotplate first, and position pan handles so that they can't be pulled over. Keep hot drinks out of reach of children.
- Avoid bath time scalds (especially to children) by running the cold water first and carefully testing the water temperature with your elbow. Children should never be left unattended.

### **Chemicals**

- Prevent poisoning or chemical burns by storing medicines and household chemicals out of sight and out of reach of children, preferably in a secure, high-level kitchen cupboard.

### **Windows**

- Avoid strangulation from blind cords by keeping the cords well out of reach and tied up, or by buying blinds without loops.
- Always supervise children and keep their play area away from windows
- Keep furniture away from windows as they could tempt a curious child to climb and potentially fall
- Use restrictors on windows to prevent children from opening them fully

### **We Need You!**

Although we try to keep our housing developments as hazard-free as possible, we can't do it by ourselves - **we need your help.**

If you see any issues in your development or areas that are in need of repair, **please contact our Repairs Service on 01387 321400.**

If you have an accident and you think it may be related to a Loreburn property or activity, please let us know by contacting us on **01387 321300.**