

# Now that I have your attention: Some home safety tips to keep in mind



**By Chris Loomis, Safety Expert**

Of all of the rooms in your home, the two that you spend the most time in can also be the most dangerous. The kitchen and the bathroom are where the majority of injuries occur in the home, but other rooms can be treacherous as well.

For you and your family's sake, consider the following:

1. Lights are your friend. Make sure that there are no dark hallways, stairs or other hazards that could lead to a fall. Install motion detecting nightlights for late night raids on the fridge or for midnight tinkle calls.
2. Never allow electrical cords to dangle, droop, sag or stretch across the hallway. (Feel free to insert your favorite old lady, mother-in-law or whatever joke here).
3. Throw rugs are a slip and fall just begging to happen. You don't believe me? Toss one at the entrance to a hardwood or linoleum surface and then call for the kids. Put the rugs away or tack them down.
4. Candles are beautiful and make the room smell nice, but are also a major hazard, especially if you have rug-sliding kids in the home. Put the rugs away or tack them down.
5. Install bath mats or bath grippers to prevent slipping in the tub.
6. Set the hot water tank at a reasonable temperature and make sure there are guards on the faucets so that little ones cannot scald themselves.
7. Close the toilet lid whenever it is not in use- doggies and kiddies are both fascinated by that room- unless you actually want them in there and then they disappear.



**Candles can set a mood, and they can also set a fire.**

Safety is an attitude that begins in our thoughts. We can create an accident-free environment at work and at home if we believe we can and are committed to the process.

Chris has more than 20 years of professional safety experience. As the marketing manager for DuPont's environmental and safety services, he has seen first-hand the safety challenges faced by plant personnel while working with more than 600 chemical, petrochemical, and manufacturing facilities. Chris is an award-winning international safety speaker and author.

**For more information or to book your next safety speaker, please visit  
<http://www.safetyattitude.com> or call Chris Loomis at 713-927-6592.**