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SAFETY EDUCATOR



It Can Happen In A Flash With A Splash

LIQUID AND STEAM BURN LIKE FIRE

Each year, over 450,000 burn injuries occur in the United States that are serious enough to require medical treatment. Between 2007 and 2013, the proportion of burn center admissions due to scald burns increased from 29.8% to 33.7%. Join us in the fight to prevent severe burn and scald injuries!



- Set your water heater at 120 degrees F/48 degrees C or less at the faucet.
- Use a thermometer to test the water coming out of your bath water tap.
- Run your hand through bath water to test for hot spots.
- Use back burners and turn pot handles toward the back of the stove so children cannot pull them down.
- Use oven mitts when cooking or handling hot food and drinks.
- Stir and test food cooked in the microwave before serving. Open heated containers away from you from back to front.
- Keep children away from the stove when cooking by using a safety gate for younger children and marking with tape a 3-foot "no-kid zone" for older children.
- Keep hot drinks away from the edge of tables and counters and avoid using tablecloths and placemats.
- Use a "travel mug" with a tight-fitting lid for all hot drinks.
- Never hold or carry a child while you have a hot drink in your hand.

LEARN MORE!



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FEBRUARY: BURN AWARENESS BY: ANGEL PENNEY



Angel Penney of Pittsfield Elementary School offers these important safety tips:

1. When filling bathtub, turn on cold water and mix in warm water.
2. Check water temperature by rapidly moving your hand through the water. If the water is hot for an adult it is TOO hot for a child.
3. Lower water heater temperature settings to 120* or less [at the faucet].

Thank you Angel for keeping everyone safer with these water burn awareness reminders!

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FALL PREVENTION STRATEGIES for Older Adults

HEY KIDS... Can you think of an older adult that you could reach out to and offer reminders on how to be safer? Every 2.3 seconds, an aging person falls. To help change that statistic, the NFPA created these eight evidence-based fall prevention strategies that were developed specifically for aging adults to help them live safely at home for as long as possible. So.. With this list in hand we need you to help spread the safety strategies!



1. Exercise regularly to build up strength and improve balance and coordination. Ask your doctor about the best physical exercise for you.

2. Take your time. Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.

3. Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines and other items.

4. Improve the lighting in and outside your home. Use nightlights or a flashlight to light the path between your bedroom and the bathroom. Turn on the lights before using the stairs. See an eye specialist once a year as better vision can help prevent falls.

5. Use non-slip mats in the bathtub and on shower floors. Have grab bars installed on the wall next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.

6. Be aware of uneven surfaces indoors and outdoors. If you must have scatter rugs, make sure they lay flat and do not slide when you step on them. Smooth out wrinkles and folds in carpeting. Be aware of uneven sidewalks and pavement outdoors. Ask a family member or neighbor to clear ice and snow from outside stairs and walkways and always use hand rails if available. Step carefully.

7. Stairways should be well lit from both the top and the bottom. Have easy-to-grip handrails installed along the full length of both sides of the stairs.

8. Wear sturdy, well-fitting, low-heeled shoes with non-slip soles. They are safer than high heels, thick-soled athletic shoes, slippers or stocking feet.



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KEEP LOVED ONES SAFE WITH CLEAN SMOKE ALARMS

Smoke alarms are tools that can tell us if there is smoke in the air. They work even when you can't smell smoke, therefore, it is very important to make sure your smoke alarms are in good working condition to protect you and your family. By properly cleaning your smoke alarms, you can make sure your smoke alarms will alert your family should a fire occur.

1. Remove smoke alarm from the ceiling or wall. It is easier to clean if you can set it on your table or hold it in your hand.
2. Remove the batteries and use a dry rag to dust the battery compartment.
3. Vacuum any dust particles in the smoke alarm.
4. Spray some Pledge on a dry rag and wipe down the **outside** of the smoke alarm. Pledge is mainly for wood, but it attracts dust and is perfect for collecting any dust on the outside of the smoke alarm.
5. Replace the smoke detector on the wall or ceiling.

MONTHLY TEST: Press and HOLD DOWN the test button to make sure the smoke alarm is in working order.



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March 20-26th: POISON PREVENTION WEEK



LAUNDRY LIQUID PACKETS



Young children are explorers, and as they develop, they often learn by touch and by putting things into their mouths. Liquid laundry detergent packets are designed to dissolve in water, so when they come in contact with wet hands or mouths they start to dissolve and might release the concentrated liquid inside. We want to encourage our kids to explore and discover new things; we just need to be careful to keep them safe. Here are a few tips to show you how:

- Keep liquid laundry packets out of children's reach and sight.
- Keep packets in their original container and keep the container closed.
- If a child gets into them, call the Poison Help number immediately.



Click for video

POISON PREVENTION TOP TIPS



Store all household products out of children's sight and reach.

- Store all household products and cleaning solutions out of children's sight and reach. Young kids are often eye-level with items under the kitchen and bathroom sinks.
- Store poisonous items out of reach or use safety locks on cabinets within reach. These items also include liquid packets for the laundry and dishwasher. It only takes a few minutes, and it gives you one less thing to worry about.
- Read product labels to find out what can be hazardous to kids. Dangerous household items include makeup, personal care products, plants, pesticides, lead, art supplies, alcohol and carbon monoxide.
- Make sure that all medications, including vitamins and adult medicines, are stored out of reach and out of sight of children.
- Put the toll-free number **Poison Help Number 1-800-222-1222** into your home and cell phones. You should also post it near your phone or on your refrigerator for the babysitter. Hopefully you'll never need it, but it's nice to have just in case.

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POISON
Help
1-800-222-1222



MARCH: KITCHEN & COOKING SAFETY BY: AURORA SOUSA



Aurora Sousa of Highbridge Elementary School in New Ipswich knows that kitchen and cooking safety is very important! She reminds us in the March calendar:

1. NEVER leave cooking appliances unattended.
 2. Turn pot handles in.
 3. Don't put knives or other sharp objects into a full sink of water.
 4. Keep paper towels and potholders away from the stovetop to avoid fire.
- Be sure to keep your kitchen safer by following these simple reminders!





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Safety Educator

A message from Fire Marshal Degnan:



As we begin to prepare for the Spring months we ask that you please take a moment and look through this newsletter and see what you can do to ensure your home, family and visitors are kept as safe as possible. Over the last few months it has become more obvious that the need for working smoke and carbon monoxide alarms in New Hampshire homes is extremely important.

Whether you are living in a family home or rented apartment your home must be equipped with these life saving devices to ensure your family will be alerted in the event of an emergency. We also ask that on Sunday, March 13th while walking around your home to adjust your clocks, that you take an additional moment to ensure that your smoke and carbon monoxide batteries have been replaced and are in working order. Should you have any questions or concerns please do not hesitate to contact your local fire department or the NH State Fire Marshal's Office.



J. William Degnan
NH State Fire Marshal



Child Friendly & Parent Approved Websites

While we encourage students to disconnect and enjoy safe outdoor play, when it comes to computer time try one of these family fun fire and life safety websites. Just click the picture to open the links and play!



Find Us on the Web:

www.nh.gov/safety/divisions/firesafety/



Any questions or comments regarding this newsletter please feel free to contact:

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