



Checklist for... preventing accidents at home

More accidents happen in the home than anywhere else, but there are simple steps you can take to reduce the risks. This checklist will help you think about the safety of your own home. It covers three types of home accident – scalds, carbon monoxide poisoning and poisoning from medicines.

Preventing scalds



- When running a bath, the cold water is run before hot
- The temperature of bath water is always checked before getting in
- A thermostatic mixing valve is fitted to the bath to stop the water getting too hot
- When cooking, pan handles are turned away from the edge of the cooker and rear hotplates are used first
- The kettle is only filled with the water that's needed
- Hot water bottles are in a good condition

Preventing carbon monoxide poisoning



- All gas, wood, coal and oil appliances are serviced annually by a qualified engineer
Date of last check
- Rooms are well ventilated so fumes don't build up
- An audible carbon monoxide alarm is fitted - ideally mains-operated or with a long-life battery (and meeting standard BS EN 50291-1:2010) in every room where there is a fossil-fuel-burning appliance
- The warning signs of carbon monoxide are known – these are:
 - › *Lazy yellow or orange flames on a cooker, boiler or fire (flames should be crisp and blue)*
 - › *Soot or yellow/ brown staining around or on appliances*
 - › *Pilot lights that frequently blow out*
- Increased condensation inside windows

Preventing poisoning from medicines



- Medicines are reviewed regularly with a GP or pharmacist
Date of last review
- Over-the-counter remedies are safe to be taken alongside prescribed medicines – advice from a pharmacist has been sought
- Only the prescribed doses of medication are taken
- Prescription medicines are not shared with other people
- Unused, out-of-date and unwanted medicines are returned to the pharmacy for disposal
- A medicine box to help organise pills (available at most pharmacists) has been considered



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