



SAFETY IN THE HOME

BASIC INTRODUCTION TO SAFER BEHAVIOUR



CONTENTS

- Fire.
 - Fall from Height.
 - Electrical Safety.
 - Manual Handling.
 - COSHH
 - Gas Safety
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FIRE SAFETY

- Do not cover electric fan heaters.
- Do not leave oil pans unattended
- Do not leave saucepans unattended.
- Regularly clean the filter on your tumble dryer.
- Fit smoke alarms.
- Sweep your chimney.
- Check clothes for fire resistance and do not stand in front of heat sources.
- Take care when smoking.
- Check furnishings for fire resistance.

FALL FROM HEIGHT

Falls from Height cause > 50% of all reported accidents.

FALL FROM HEIGHT

- Only use correctly designed Access Equipment
- Access equipment should be in good condition.
- Access Equipment must be checked before every use.
- Children should not be allowed to use access equipment.
- Do not climb on chairs.
- Do not climb on tables.

“I do not feel safe up ladders.”

If you do not feel happy to use access equipment or you still feel the task may be unsafe, or you are not sure if the equipment you are using is safe, then you **MUST NOT** continue.

FALL FROM HEIGHT



DIFFERENT TYPES OF ACCESS EQUIPMENT

- Only use Access Equipment in good condition.
- If equipment is not available do not do the task.
- Please make sure that access equipment is checked before use.

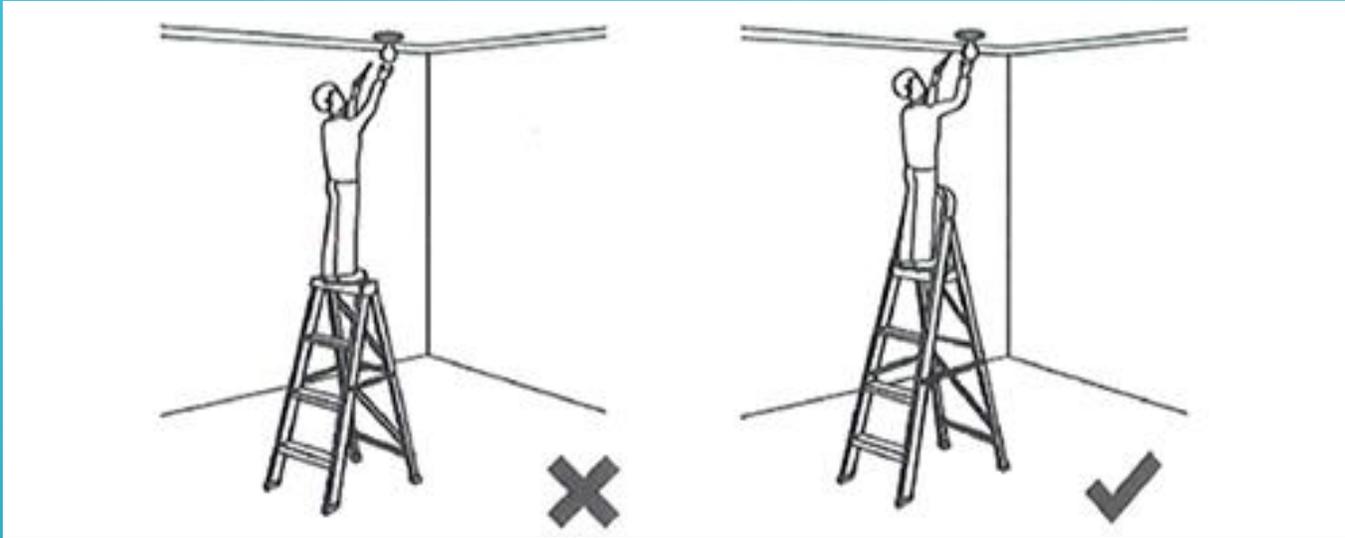


FALL FROM HEIGHT

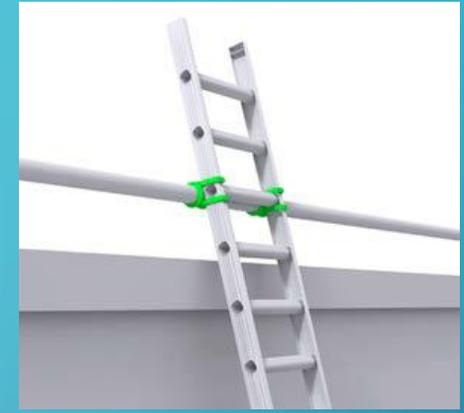
USING A STEP LADDER

When using a stepladder to carry out a task:

- check all four stepladder feet are in contact with the ground and the steps are level
- only carry light materials and tools
- don't overreach
- don't stand and work on the top three steps (including a step forming the very top of the stepladder) unless there is a suitable handhold
- ensure any locking devices are engaged
- try to position the stepladder to face the work activity and not side on.



FALL FROM HEIGHT



HOW TO REDUCE THE RISK

- Use the rule of “THREE”. (Two feet and one hand. Two feet and locked knees. Two feet and body contact.)
- DO NOT STAND ON ONE FOOT
- DO NOT LEAN OUTSIDE THE FOOTPRINT OF THE EQUIPMENT
- Work on flat even ground.
- Ensure ladders are appropriately anchored, tied, locked,footed as a last resort.
- Do not stand on the top two rungs of a ladder or step ladder.
- Limit use to periods of < 30 minutes. (30 minutes is a legislated period)

FALL FROM HEIGHT

MAINTAINING THREE POINTS OF CONTACT



The background is a gradient of blue, transitioning from a lighter shade at the top to a darker shade at the bottom. In the four corners, there are white, stylized circuit board traces with circular nodes, resembling a network or data flow diagram.

ELECTRICAL SAFETY

A FEW DOS AND DON'TS REGARDING ELECTRICAL SAFETY AT HOME

ELECTRICAL SAFETY

WHY BOTHER? ELECTRICITY IS SAFE, ISN'T IT?

CANNOT be seen

CANNOT be smelt

CANNOT be heard

CAN be felt

(possibly the last thing you may ever feel.)

CAN (and does) kill.

CAN (and does) cause fires

CAN (and does) maim and disfigure.

We are kept safe by significant legislation.

Regulations

Training

Technology (RCDs etc.)

Portable Appliance Testing

Periodic Testing of Installations

ELECTRICAL SAFETY

- Portable Appliance Testing does not apply at home... SO! Check for safely anchored cables, check for cable damage and any other damage.
- Are all covers in place?
- Fit the correct Fuse.
- When using Extension leads, particularly outside, only do so with an RCD in place.
- Fit a Distribution Board with an integral RCD (RCCB)
- Extension leads MUST be fully unwound when in use.
- Extension leads are potentially deadly hazards. They combine a trip hazard with the potential for electrocution. Be careful where you run them.
- Multi-sockets are a safer solution for plugging in Games Consoles, DVDs, TV boxes, TVs, Computers etc.
- Do not take electrical appliances into the bathroom.

ELECTRICAL SAFETY

THINGS YOU SHOULD NOT DO AT HOME
(UNLESS YOU FEEL COMPETENT TO DO SO)

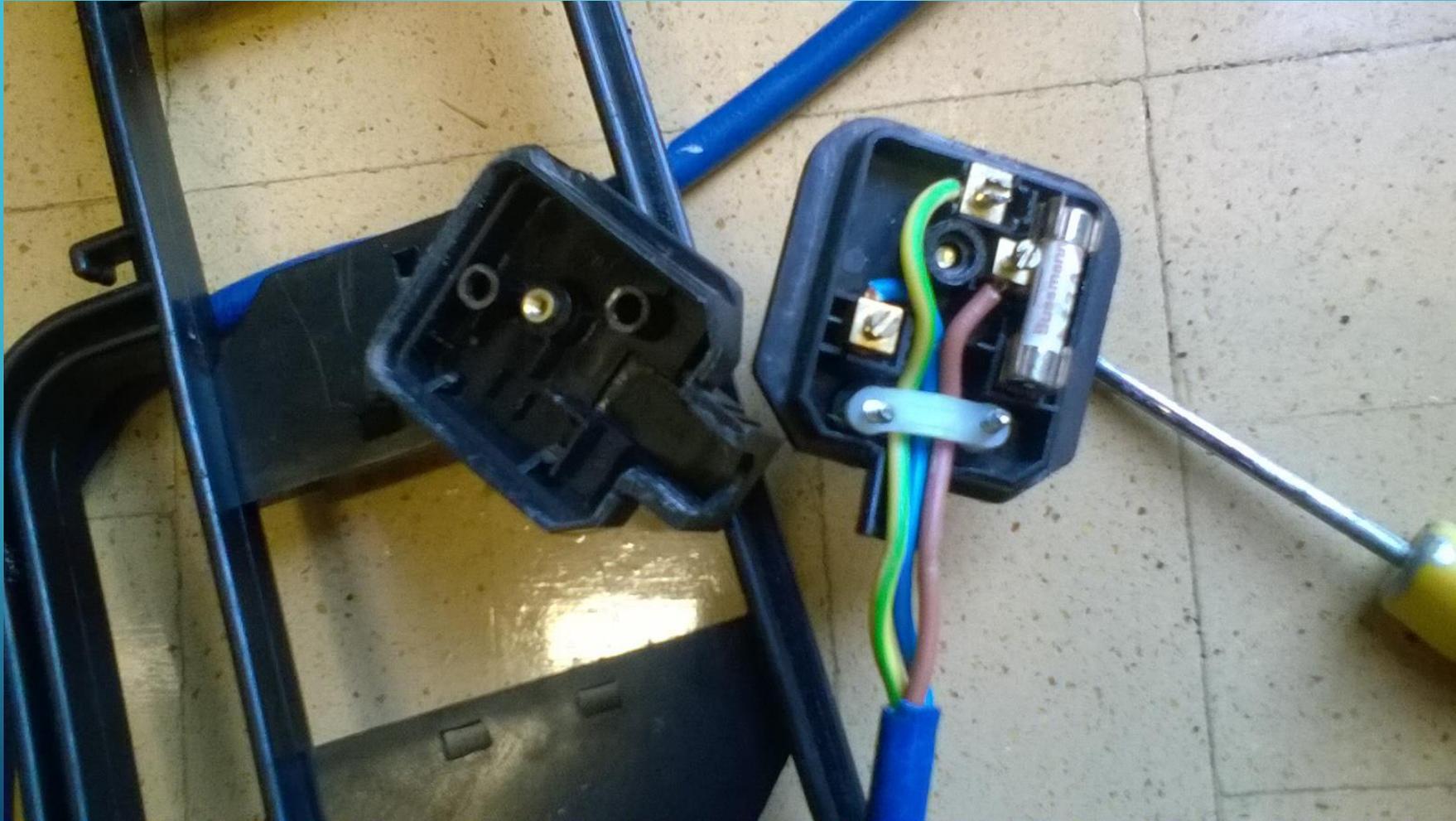
- Change Fuses, Reset Breakers, Fit Plugs, Change Lamps

Replace fuses “like for like”.

When resetting breakers do not keep on doing so if they continue to trip.

Always turn off an appliance before undertaking any work.

Extension lead brought on to site by "Bouncy Castle Engineers"
Post 16. Summer 2016



A decorative graphic on the left side of the page, consisting of white lines and circles on a blue background, resembling a circuit board or a network diagram. The lines are vertical and horizontal, with some diagonal lines connecting them. The circles are small and are placed at various points along the lines.

MANUAL HANDLING

WHAT IS MANUAL HANDLING?

Any transporting or supporting of a load by hand or bodily force
This includes:

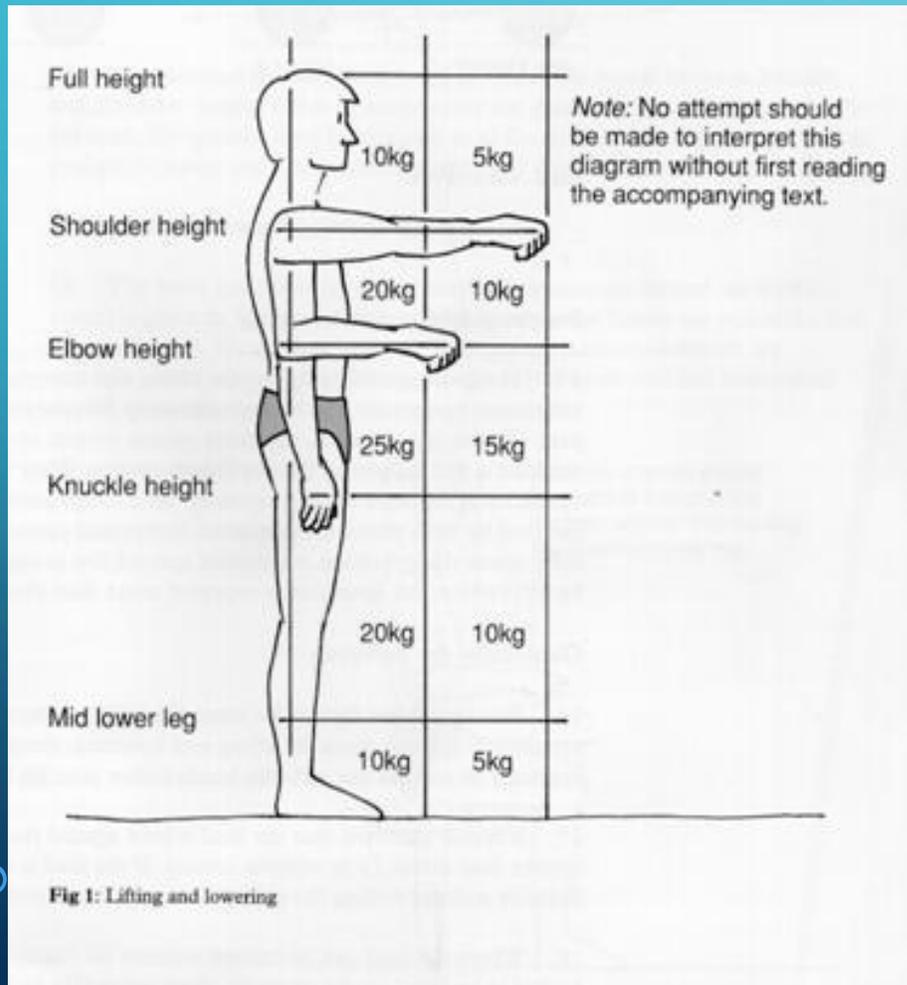
- Lifting
- Putting down
- Pushing
- Pulling
- Carrying
- Moving

This human effort can be applied indirectly such as hauling on a rope, pulling a lever, shovelling or using a garden fork or similar implement.

MANUAL HANDLING

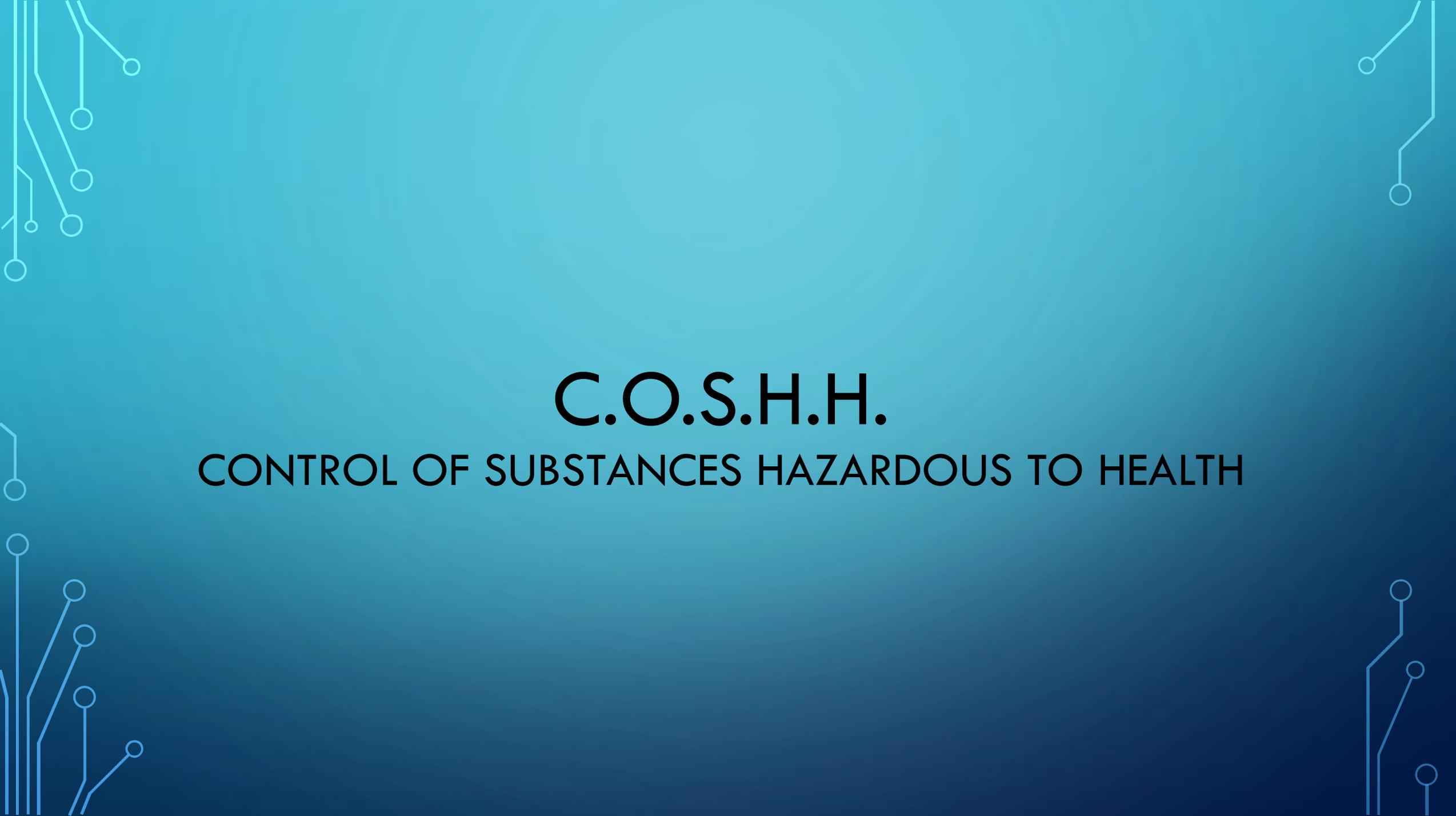
Think before lifting/handling. Plan the lift. Can handling aids be used? Where is the load going to be placed? Will help be needed with the load? Remove obstructions such as discarded wrapping materials. For a long lift, consider resting the load midway on a table or bench to change grip.

MANUAL HANDLING



This diagram shows the weights an ordinary healthy man should be able to lift (healthy women can lift on average two thirds of these weights) without significant risks to their health.

An employee should not be lifting/handling more than these figures without a proper lifting/handling assessment having been done. More than twice these weights give very considerable risks of injury and should not be lifted/handled without a risk assessment having been carried out by an ergonomist. These figures are for perfect conditions, without bending, twisting, working in conditions that are too hot, too cold, wet, greasy, windy or unstable. All these things reduce your capability to lift safely.

The background is a gradient of blue, transitioning from a lighter shade at the top to a darker shade at the bottom. In the four corners, there are decorative white line-art elements resembling circuit traces or a network diagram, with lines connecting to small circles.

C.O.S.H.H.

CONTROL OF SUBSTANCES HAZARDOUS TO HEALTH

C.O.S.H.H.

CONTROL OF SUBSTANCES HAZARDOUS TO HEALTH

- The freedom with which you can use “substances hazardous to health” at home does not exist at work. WHY?
- At work, for example, you cannot use bleaches (or other similar alkali or acidic cleaning substances) in any quantity, without permission. WHY?
- At work you **ABSOLUTELY MUST NOT** dispose of any chemicals down drains or into the ground. WHY?
- At work all chemicals must be stored safely. Usually in a safe location with limited access. Also, if the chemical is particularly toxic, flammable or volatile it must be kept in a lockable metal container. WHY?
- At work all chemicals must be accompanied by Material Safety Data Sheets (MSDS). WHY?



C.O.S.H.H.

CONTROL OF SUBSTANCES HAZARDOUS TO HEALTH

**“WHAT HAS THIS GOT TO
DO WITH ME ?”**



BLEACH

Bleach (Chlorine) has been used around the house as a cleaning agent for years now.

In laundry, as a disinfectant, surface cleaner, toilet, tub, shower, all purpose, bathroom, and kitchen cleaners.

But in reality it is a dangerous product that shouldn't be used.



Health issues.

There are a number of different health issues that can be associated with bleach or household cleaners that contain bleach. These include respiratory problems, burned skin, and damage to the nervous system. In many cases, the use of bleach and cleaners with chlorine irritate problems that people have including allergies and asthma. These are caused as a direct result of the product itself and can be potentially serious.





Young children are being put in danger after mistaking the capsules for sweets, toys or juice. This does not happen with “traditional” boxes of powder.”

A study found that every hour a child under the age of six is taken to Accident & Emergency after swallowing the corrosive substances or suffering severe burns when getting them in their eyes.

The study found two-thirds of cases involved children aged one and two, who had burst capsules while playing with them or biting into them.

“Parents are advised to store liquid detergent capsules out of reach of young children. Use high cupboards and to always put them away immediately after use.”



Potential chemical reactions.

Often times the direct physical health issues aren't caused from the product itself, but rather the results of chemical reactions. With bleach there are lots of different reactions that can cause a lot of dangerous situations.

Chlorine easily mixes with ammonia and urine which contains ammonia. This can happen when mixing cleaners (on purpose or accident) and even while cleaning the toilet. The results is a toxic gas which can and sometimes does cause the lungs to stop functioning. Usually the fumes are noticeable, but sometimes people don't even notice that they are breathing in a potentially life threatening gas.





Mixing chlorine with dish soap produces mustard gas, the same gas used to kill many people during World War I. Many people mix chlorine with dish soap while cleaning the kitchen (both on purpose and on accident).

Chlorine also mixes with organic matter creating chloroform. This is a toxin and a known carcinogen. This happens in the house while cleaning the kitchen, the toilet, washing the laundry, and cleaning up food, blood, or other organic messes. This is dangerous to the inhabitants of the house. However, chlorine also mixes with organics in the environment building these toxins up all over the planet.





Toxins.

While chlorine isn't toxic to the body, the chemical reactions that often happen with chlorine produce a number of very toxic elements. Most of these are known as carcinogens, build up in the body as it is exposed to them, and get into the food chain through the water. Doing your share may not seem like it will help, but every little bit can help make it safer for your family, starting at home.





Accidents.

There are a large number of accidents that happen with household cleaners. In 1997 there were 217,989 calls to poison control for household cleaner accidents. Of those, 54,453 were directly related to bleach and 7,570 were from household cleaners that contain bleach. That means that 28% of household accidents involving cleaners were from bleach alone. Going green can help prevent accidents from household cleaner and bleach from happening in your home.



The background is a blue gradient with decorative white circuit-like lines in the corners. The lines consist of straight segments and small circles, resembling a network or data flow diagram.

GAS SAFETY



- **Have a carbon monoxide alarm installed**

Carbon monoxide is not only a potentially dangerous gas. It's also incredibly hard to detect as it is both odourless and colourless. Carbon monoxide alarms detect and alert you to the presence of the poisonous gas, and should be fitted in your home.



Remain vigilant for common symptoms of carbon monoxide poisoning.

These include:

- A headache
- Feeling sick and dizzy
- Feeling tired and confused
- Being sick and having stomach pain
- Shortness of breath and difficulty breathing

What to do if you suspect a gas appliance is faulty?

If you suspect you have a faulty gas appliance or may have inhaled carbon monoxide, call the Gas emergency services line on **0800 111 999** immediately.

Also, switch off any appliances and turn off the gas supply at the mains. Seek immediate medical attention before contacting a qualified engineer at British Gas to have your home and appliances inspected and serviced.