



# Safety in the home



Accidents around the home, such as falling from a ladder, are very common. The following advice will help you to reduce the possibility of accidents occurring at home.

**For all medical emergencies dial Triple Zero (000) immediately and ask for Ambulance**

## HOW TO REDUCE ACCIDENTS IN THE HOME

- > Have emergency numbers displayed in a prominent area in the home such as Triple Zero (000) and the Poison Information Centre (13 11 26).
- > Don't become complacent when using a ladder around the home.
- > Avoid putting ladders on uneven surfaces.
- > Have someone responsible support the base of the ladder.
- > Assess work areas for possible hazards that may arise.
- > Secure loose cords and leads to floors or walls with tape.
- > Be aware of the location of wires.
- > Install an electrical cut-out switch in the electrical meter box.
- > Always use professional trades people to carry out jobs you are not qualified to do.
- > Always use tools and equipment to manufacturer's operating instructions.
- > Ensure equipment is in safe working order.
- > Keep a well-stocked first aid kit in a safe, accessible area of the house.
- > Always use child-proof locks on cupboards containing potentially harmful substances.

## FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

### For further information please contact: