

Exercise Caution with Poisons in the Home

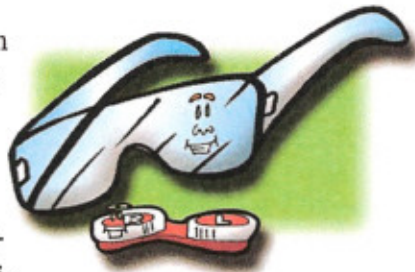
Millions of families across this country have poisons stored in and around the home. Unfortunately, unlocked and exposed poisons are the cause for many accidental poisonings every year. **Here are several tips on how you can be more cautious with poisons in the home:**

- Always keep poisons in their original containers. Never use food containers like cups or bottles to store household and chemical products.
- Store all household and chemical products in a separate area away from food and out of children's reach.
- Read all directions and caution labels on household and chemical products before using them. Follow the directions carefully and pay attention to any warnings.
- Ventilate areas when using poisonous products. Turn on fans and open the windows if possible to provide adequate ventilation.
- When using spray household and chemical products, always make sure that the spray nozzle is facing away from your face or other people.

Protect Your Eyesight

Having regular eye examinations and wearing protective eyewear when needed both on and off the job are both ways to protect your eyesight.

The most common causes of workplace eye injuries are flying objects (bits of metal or glass), tools, particles, chemicals, radiation, or any combination of these hazards.



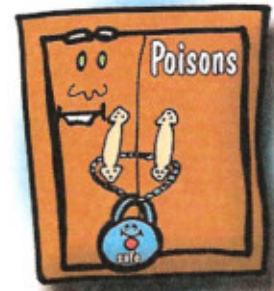
There are things you can do to protect your eyes:

- ▲ Know the eye safety dangers on your particular job.
- ▲ Eliminate hazards before starting work. Use machine guarding, work screens, or other controls.
- ▲ Use proper eye protection. Always use safety eyewear whenever there is a chance of eye injury. Anyone working or passing through hazardous areas should wear protective eyewear.
- ▲ Learn about safety eyewear. Safety eyewear includes prescription and non-prescription safety glasses, goggles, face shields, welding helmets, and full-face respirators. The type of protection you need depends on the hazards in your workplace. If it's an area with flying objects or particles, you must always wear safety glasses.

For more information on eye safety, visit the American Optometric Association at www.aoa.org.

- Always wear protective clothing – long-sleeved shirts, long pants, socks, shoes, and gloves – when spraying pesticides and other chemicals.
- Never sniff a container to figure out what's inside it.
- Discard all old or outdated household and chemical products. Be sure and dispose of them safely and according to the safety instructions.
- Have child-proof locks installed on cabinets that contain household and chemical products.
- Keep personal care items such as hair spray, cologne, perfumes, nail polish remover, and astringents where children can't get to them. This is important even if there are no children in your home on a regular basis; visitors may have children with them.
- Never spray or store cleaning or pesticide products near pet food or water dishes.
- Never take medicines in the dark and make sure you take the correct dosage for medicines.
- Throw out outdated or unneeded over-the-counter and prescription medicines. Check expiration dates regularly.
- Always keep the telephone number of your local Poison Control Center and family doctor on or near your telephone.

For more information, visit the Home Safety Council at http://www.homesafetycouncil.org/safety_guide/sg_poison_w001.aspx.



Backyard Safety Basics

- ❖ Store all garden tools out of children's reach and with the blades or spikes pointing downward.
- ❖ Put away ladders promptly after use. Store them in a shed or a garage where they can't be reached by children or used by burglars.
- ❖ Avoid having large buckets with water. These can be a drowning hazard.
- ❖ Keep the sidewalks and pathways clear of toys and clutter. Repair broken or chipped surfaces.
- ❖ Establish a "kid-free zone" until grill equipment is completely cool. Keep grills at least three feet away from other objects like the house, shrubs, or bushes.
- ❖ Wear protective goggles and ear protection while using lawn mowers, blowers, and power tools.
- ❖ Clean up spills promptly to prevent slips and falls.
- ❖ Always read package labels carefully and follow the manufacturer's instructions for safe and effective use.