

# Health & Safety in your Home

## SLIPS, TRIPS & FALLS

**The Number 1 cause of accidents that happen in our homes.**

Most accidents can be easily prevented with some care and attention to the following:

- Try to **keep floor areas clear of obstructions** and ensure there are **no trailing cables** going across floors where family members will be walking.
- Only use **rugs with 'slip resistant backing'** if they are going to be placed on a slippery surface such as a kitchen or bathroom floor.
- **To avoid slipping in the shower, use a slip-resistant mat** in the bottom of the bathtub.
- Ensure that **all floor coverings are in a good condition** and **do not present a trip hazard**.
- **Do not leave items** lying on the stairs.
- **Keep items in cupboards at low level** to minimise the use of Step Ladders etc.
- **Ensure** that there is **adequate lighting**.
- **Clean up spills immediately** to prevent slipping on them.
- **Report any slip or trip hazards in communal areas to Loreburn.**

## ELECTRICAL SAFETY

Electricity presents **fire risks** and **electrical shock risks**. To minimise these risks.

- **Do not overload electrical sockets** and ensure **ventilation** around electrical equipment.
- When **changing light bulbs**, **turn off electricity** at the consumer unit or **ensure the light is unplugged**.
- **Do not use electrical equipment in wet areas**, and **never** attempt to **change light bulbs/ plug-in or unplug** electrical appliances **with wet hands**.
- **Never** carry out repairs or alteration to the wiring in your home.
- If an **appliance** appears **faulty**, **stop using it** and have it checked **at once**.
- Always **ensure that any appliance you buy comes fitted with a plug**. If you need to fit a plug yourself **ensure you are competent** to do so **or use a qualified electrician**.

## **FIRE SAFETY**

General Fire Safety Tips to prevent fires.

- **Switch OFF and UNPLUG electrical items when not in use**, do not use stand-by mode.
- **Do Not Overload** sockets and ensure there is ventilation around the equipment.
- **Do not turn on washing machines, tumble dryers** etc, when you are **leaving the house**.
- If you have a **tumble dryer**, **clean the filter after every use**.
- **Keep towels, cloths, and curtains away** from the **fryers, toasters, and the cooker**.
- **Avoid** a build-up of household waste; clear it out on a regular basis and remove it from the building. Do not leave it lying in communal areas.
- **Avoid any build up of grease or fat in the cooker or grill**.
- **Look for furniture** that is **fire resistant** and keep furniture away from heat sources.
- **Secure** portable heaters up against a wall to stop them falling over and keep them clear from curtains and furniture. Never place clothing over them to dry. Only use the type that have a safety cut out switch should they fall over.
- **Never leave a 'lit' cigarette** unattended, and ensure cigarettes are **'put out' properly**. **Never put 'lit cigarettes ends into a waste bin**.
- Many Fires are **caused by faulty electrical appliances**. When you buy a new electrical appliance, register it so that manufacturers can contact you in the event of any problems.
- **Check Electrical items** and cables to ensure they **are in good condition** and **never use** an item **with a damaged flex**.

You can register here: <https://www.registermyappliance.org.uk>

- You can **find** a list of **recalled equipment** to **check against items you already own** or are considering buying on the government website.

<https://www.gov.uk/government/publications/household-appliances-recalled-due-to-fire-risk>

## SMOKE ALARMS

- **Once a week press and hold the button on your smoke alarm(s) until they sound** (if they fail to sound then contact us immediately)
- **Change the battery on your smoke alarms once a year** (if you hear a **beeping sound** coming from a smoke alarm, it **is warning** you that **the battery needs replacing**. (if you are unable to do this yourself then please contact us)
- **Vacuum around the edges and grill areas of the smoke alarm** once every 12 months to remove dust.
- **NEVER** remove the battery.
- **NEVER** disconnect the alarm if it goes off
- **NEVER** cover smoke alarms.

## BURNS AND SCALDS

Here are some tips, that **if followed** can **reduce the likelihood** of a burn or scald:

- Use a cordless kettle, do not over-fill it.
- Only boil the amount of water required.
- Try not to carry liquids any further than necessary.
- Always check with your fingers/ elbow the temperature of a bath before getting into it.
- On the cooker, **use rear hot plates** and **turn pan handles to the sides** away from the front of the cooker.
- **Ensure hot water bottles** are of **good quality** and do not show signs of wear.
- Use **fire guards** around fires.
- **Keep children clear of the cooker and other hot objects**
- Radiators and heaters can get very hot when in use. Keep young children and vulnerable people away from these heaters and ensure they are supervised.
- Use oven gloves when handling hot items.

**If Someone receives a BURN or a SCALD, you Must:**

- **Reduce the HIGH HEAT** in the affected area **IMMEDIATELY** by **SUBMERGING the BURN/SCALD** area under **COLD running water** for at least 10 minutes. **After the 10 Minutes** apply a **layer of cling film over the burn/ scald** and **go to A&E** at the Hospital.
- If a **blister** appears **DO NOT pierce it**, and **do not remove** any **clothing** as it may be stuck to the blister (by removing it may pierce the blister)
- **DO NOT apply** any **creams**.

## KITCHEN SAFETY

- **If you need to leave the kitchen whilst cooking, take pans off the heat or turn them down.**
- Keep sharp knives and utensils out of the reach of children.
- **Be careful** not to overload kitchen wall units or pull on the doors otherwise fixings can be pulled from the wall leading to units falling off or shelves collapsing, which could result in serious injury.
- **Ensure work surfaces**, chopping boards and utensils that have been used with raw meat **are washed and disinfected to prevent cross contamination and infection.**
- **Refrigerated food** needs to be **stored** between **0°C - 5°C** so that bacteria cannot thrive.
- **Do not** put anything **metal** in the microwave,
- Take **extra care cooking** when you are **tired, taking prescription drugs**, or if you have been **drinking alcohol**. These could **all make** you likely to **fall asleep**.
- **Avoid any build-up of fat and grease** in the cooker or grill.
- If you use a **chip pan**, make sure it has a **thermostat control** and **never leave it unattended**.

## WARNING - chip pan fire

- **Turn off the Heat** if it is safe to do so.
- **Place a damp tea towel** carefully **over the chip pan** or use a **fire blanket** if you have one.
- If the fire is out of control, leave the kitchen, close the door, raise the alarm, get everyone out of the building and stay out until help arrives.
- **NEVER use water** to extinguish a chip pan fire, it will make it worse!

## LEGIONELLA AWARENESS SAFETY

Legionella is a water borne disease. The risk of legionella causing illness in small domestic properties is very low. **The biggest risk is when you have been away from the property for more than a week**, when returning from holiday etc.

On these occasions please follow these easy steps.

- **Open and run the taps with hot water for a minimum of 60 seconds.**
- **Before getting into the shower after a period on non-use, remove the shower head, hold over the drain and then flush the shower head with warm water for a minimum of 60 seconds** (this method lessens the risk of inhaling sprayed droplets)
- Similarly, **with the toilet lid closed, flush the toilet twice**, to circulate fresh water through the system and empty the cistern.
- **Remove shower spray heads and clean of scale every 3-6 months** to minimise the risk of any legionella being present.

## HEATING SYSTEM SAFETY

If you have a **heating system in your property** that **uses gas, solid fuel or oil burning appliances** then you must ensure:

- that **any chimney or venting system** from that appliance is **clear of any obstructions**.
- The **chimney or venting system** is **never tampered with**.

**This is vitally important** as **these chimneys and vents remove gases** (created when these fuels are burned, that are **toxic to humans**) such as **Carbon Monoxide**.

**If your Carbon Monoxide alarm activates then:**

- **OPEN** the windows
- **TURN OFF** the appliance
- **Report** the incident to Loreburn

If you **suspect a GAS LEAK:**

- **Extinguish** all forms of **naked flames**
- **DO NOT** turn lights on.
- **OPEN** the windows for ventilation.
- **AS QUICKLY AS POSSIBLE** Turn off the gas supply to your property (this can be found on your meter)
- **Telephone SGN on 0800 111 999**
- **Report** the incident to Loreburn

**Keep the gas supply OFF, until any leak has been rectified.**

**Solid Fuel Systems:** - either a **chimney or flue** must be **swept annually**.

**Any decommissioned chimney must not be brought back into use.**

## WINDOW SAFETY

- Avoid Strangulation **from blind cords** by keeping cords well out of reach and tied up, or by buying blinds without loops.
- Always **supervise children** and keep their play area away from windows.
- **Keep furniture away from windows** as this could tempt a curious child to climb and potentially fall.
- **Use restrictors on windows** to prevent falls. If there are not restrictors fitted or if they are not working properly (and you have vulnerable people or young children living in your home) please contact Loreburn on **01387 321 300**.

## **GARDEN SAFETY**

- **Do Not** burn waste in the garden, take it to the household recycling centre. It is safer and reduces Environmental Impact.
- **Store garden tools and garden chemical** products **safely** and keep children clear of the garden when these items are being used.
- **Use Circuit Breakers** (RCD) on **electrically powered garden tools**.
- **Secure furniture**, pots etc to prevent them falling over and causing harm.
- **Look for signs of damage to the external area** of the property that could cause harm whilst in the garden.

## **BARBECUES**

- **Keep children away** from Barbecues.
- **Keep** the barbecue **clear of trees**, dry **vegetation**, **combustible material**, **flammable substances**, **buildings**, **sheds**, and **fences**.
- **Never pour flammable** substances on a Barbeque.
- **Store Gas** bottles **safely**.
- **Ensure food is cooked thoroughly** before eating.
- Barbecues must not be used in communal area.

## **PLAYING YOUR PART**

Loreburn Housing make every effort to keep your properties as hazard-free as possible, but we do ask you to play your part.

If you become **aware** of any issues that may have **Health & Safety implications** in your development or property or you see something in need of repair, **please call:**

**01387 321 300**

**If you have an accident and you think it may be related to a Loreburn Property or activity, please inform us as soon as the accident has been dealt with.**