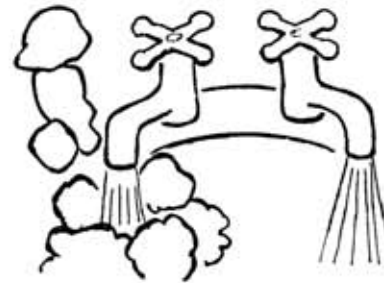
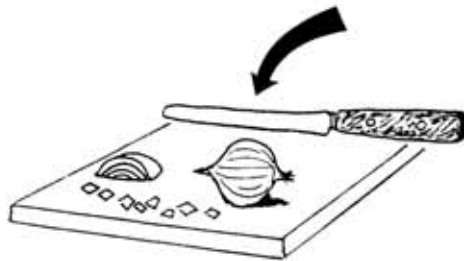
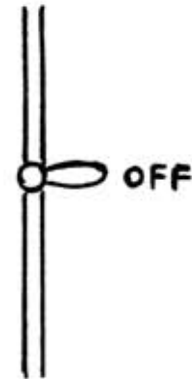


# SAFETY IN THE HOME



**How to be safe with electricity, gas,  
water, fire and in the kitchen**

by ROSLYN BAND



(formerly known as Elfrida Rathbone Islington)

**ACCESS TO HEALTH PROJECT**

# **SAFETY in the HOME**

by

**ROSLYN BAND**

**The Elfrida Society  
LONDON**

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# SAFETY IN THE HOME

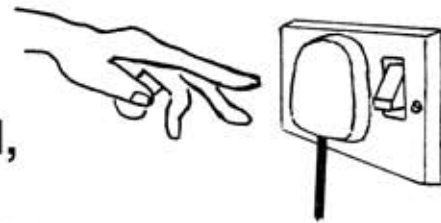
How to be safe with electricity, gas,  
water, fire and in the kitchen.

## ELECTRICITY

Electricity can be dangerous -  
you could get a shock if you are careless.

### Remember

1. Before taking plugs out of the wall,  
SWITCH OFF AT THE SOCKET FIRST.



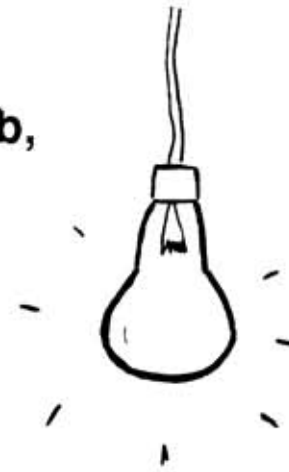
2. Never touch a plug if your hands are wet,  
DRY YOUR HANDS FIRST.



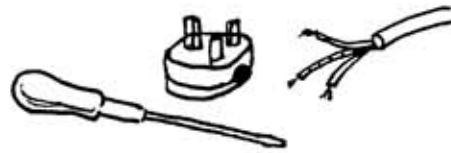
3. If water spills near anything electric,  
TURN IT OFF AT THE SOCKET.



4. **When you need to change the lightbulb, you could get a shock if you do not switch the light off. MAKE SURE THE LIGHT SWITCH IS OFF AND LET THE BULB COOL. You could burn your hand.**



5. **If you need to wire a plug -**



**MAKE SURE YOU KNOW WHAT TO DO, OR GET SOMEONE TO HELP.**

6. **If something electric, like the iron, does not work properly, get it repaired.**



7. **Do not use radios that you plug in, or electrical things in the bathroom.**



8. **Turn off electric under blankets at night.**



# GAS

A gas leak is dangerous - gas can explode.

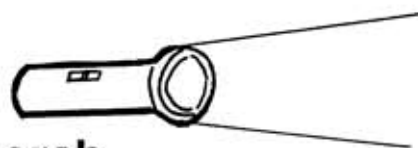
1. If you smell gas,

**RING THE GAS BOARD  
EMERGENCY NUMBER.**

*Write down the emergency number here:*



.....



2. **DO NOT** switch the light on - use a torch.

3. **DO NOT SMOKE, LIGHT A MATCH,  
CANDLE OR FIRE.**



4. **SWITCH OFF THE GAS AT THE MAINS FIRST.**

*Write down where it is:*



.....

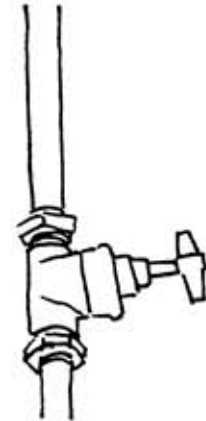
# WATER



When the weather gets colder, waterpipes can burst. The pipes should be wrapped to protect them.

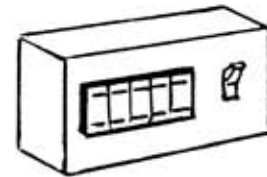
If you have had a flood,

1. SWITCH OFF THE WATER AT THE WATER MAINS TAP (this is called the stopcock).  
*Write down where your stopcock is:*



.....

2. SWITCH OFF THE ELECTRICITY AT THE MAINS SWITCH.  
*Write down where your electricity mains switch is:*



.....

3. Catch as much of the water as you can in pans and with towels.

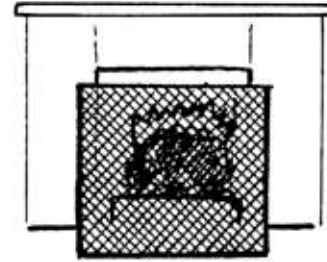




# FIRE

To prevent a fire,

1. USE A FIREGUARD AROUND FIRES AND HEATERS.



2. SWITCH OFF HEATERS AT NIGHT.

3. TAKE PLUGS OUT OF SOCKETS AT NIGHT.

4. DO NOT OVERLOAD SOCKETS WITH ADAPTOR PLUGS.

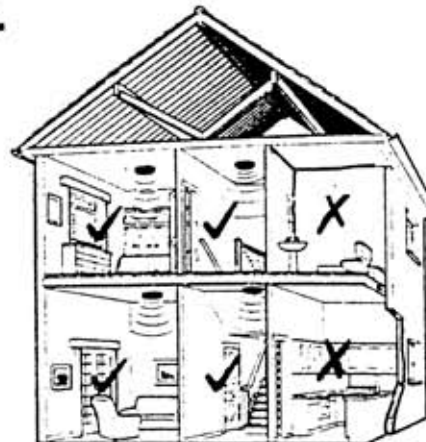


5. KEEP CLOTHES AND CURTAINS AWAY FROM FIRES.

6. BE CAREFUL WITH CIGARETTES ASH AND CIGARETTE ENDS. DO NOT SMOKE IN BED.



7. GET A SMOKE ALARM. Fit it in the hall, living room or bedroom.







If you find a fire or the fire alarm goes,



**1. LEAVE THE ROOM or BUILDING.**

Where do you get out? .....

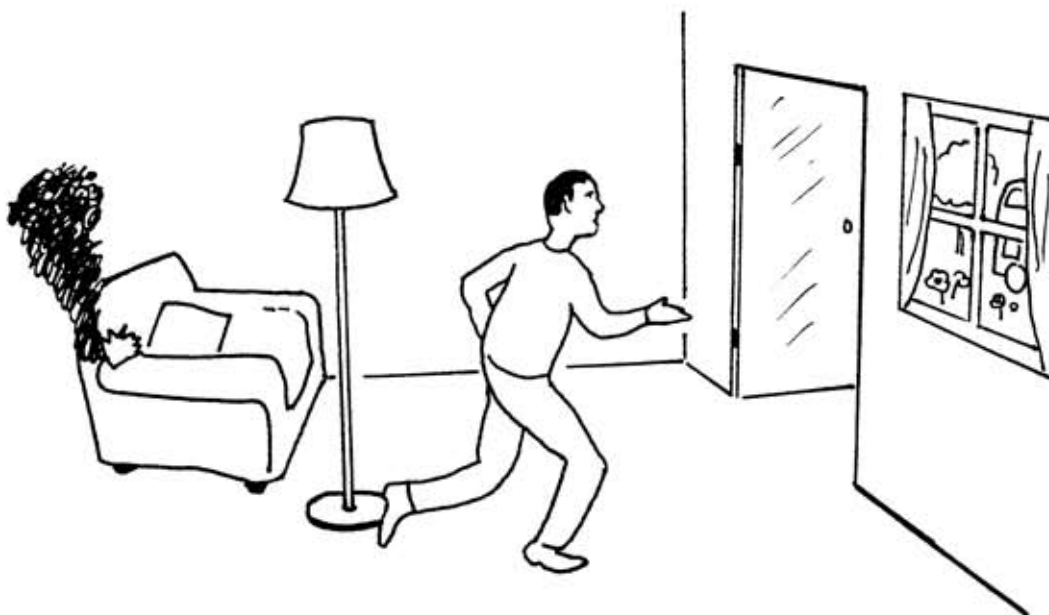
Where do you wait? .....

**2. CLOSE THE DOOR.**

**3. USE THE STAIRS, NOT THE LIFT.  
DO NOT RUN.  
DO NOT PANIC.**

**4. DO NOT GO BACK INTO THE ROOM or BUILDING.**

**5. RING 999 AND REPORT THE FIRE.**



# IN THE KITCHEN

## CHIP FIRES

1. Turn off the cooker.
2. Do not move the pan.
3. Cover the pan with a damp cloth.
4. Leave the pan to cool.





## COOKERS

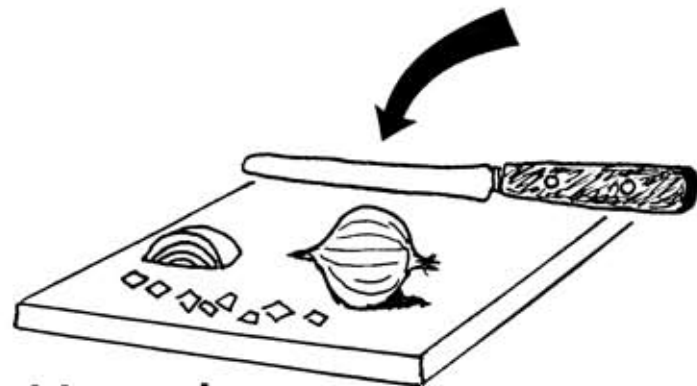
1. Remember to light the gas when you switch it on.
2. Remember to switch off the gas or the electricity when you have finished cooking.
3. Keep saucepan handles away from the heat. Be careful not to catch them - turn handles in.
4. Do not pass hot pans over people's heads.



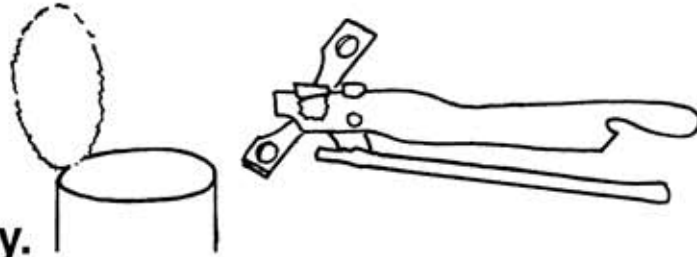
## KNIVES

When you use a knife,

1. Cut down  not up .
2. Cut away from yourself not towards.
3. Keep your hands away from the cutting edge.



## TIN OPENERS

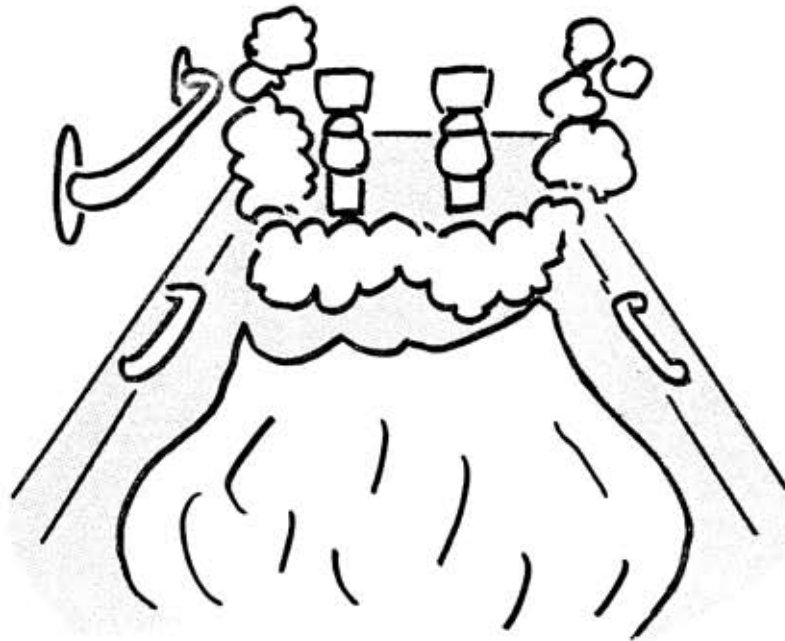


1. Use them carefully.
2. Be careful with the edges of the tin and the lid.

## HOT WATER



Water from the hot tap can be very hot.  
Run both the hot and cold taps into the sink together.  
Do this when you have a bath too.





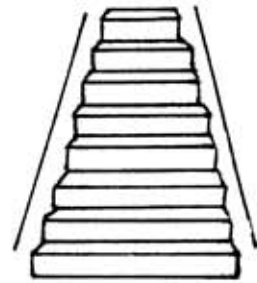
# FALLS

It is not just children and old people who can fall over in the home.

1. **Keep the floor clear where you need to walk. Be careful when you are carrying something.**



2. **Put lights on if you are using the stairs after dark.**

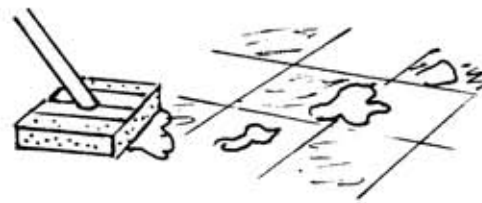


3. **Make sure the stair carpet does not move.**

4. **Look out for wires where you are walking.**



5. **Look out for wet floor - wipe up anything you spill.**



6. **Look out for rugs and wrinkled carpet.**

7. **A bath mat will help you not to slip getting out of the bath.**