



Latah County Idaho
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DECEMBER 2022 NEWSLETTER

Our next quarterly meeting is scheduled for January 18, 2023. We hope to provide training on CPR and First Aid. See you then! MERRY CHRISTMAS AND HAPPY NEW YEAR!!

2023 CALENDAR

January 18th

Quarterly Meeting -
 Tentative: CPR and
 First Aid at 6:30 pm
 in the Latah County
 Fairgrounds
 Classroom

February 1st

CERT Training –
 Team Operations at
 6:30 pm in the
 Latah County
 Fairgrounds



Having a Safe Home!

Our homes are important so let's look at how best to make them safe and ensure they do not contain hazards that can cause harm to those that live in it. Many household mishaps are easily preventable if we pay attention and take some simple steps to reduce hazards in the home.

Some preventable home hazards can cause injuries and deaths. For example, millions of poisoning incidents are reported annual while choking is the fourth-largest cause of accidental death. Home fires cause around 75% of fire deaths and falls account for about half of accidental deaths in the home. We will cover a few of these today.

To get started, we recommend that you take 30 minutes to walk through your home hunting for potential hazards with the attached checklist. In this process you can identify potential hazards and make a list of them so you can start fixing them. Following is a variety of things to look for and why you may need to make changes.

FALLS are particularly harmful to young children and seniors over the age of 60.

- ❖ To prevent slipping, keep floors dry, especially in the kitchen and bathrooms. Use non-slip decals, grab bars, and non-slip bathmats. Grip tape is also good for outdoor steps which should be kept clear of leaves, snow, and other debris.
- ❖ Rather than reaching too far or balancing on countertops, have a sturdy stepstool for items in high cabinets or on shelves.
- ❖ Keep stairways well-lit, clear of clutter (no toys!!!), strong handrails, and repair any loose carpeting.
- ❖ For young children, use safety gates to close off staircases and teach them to avoid climbing bunk beds. Other kid friendly actions are using soft and protective mats under play equipment and requiring them to wear helmets on bikes and skateboards.
- ❖ Install ample lights throughout your home.



POISONING can affect any member of a household. Young children get into cleaning supplies and medications. Teens and adults' overdose on vitamins, medicines, and caffeine and alcohol.

- Keep household supplies such as cleaners, paints, and other chemicals high up on shelves or in a shed out of children's reach. Always keep them away from drinks that can be mistaken for toxic liquids. Use cabinet locks if necessary for lower cabinets.
- Store medicines and vitamins out of reach of children and not on countertops or tables with access. Be responsible with medicines and dispose of them safely.

POISONING CONTINUED....

- Lock away loose or spare batteries as they can cause poisoning and choking, especially button batteries.
- Don't use old drink bottles or food containers to store household cleaners or toxic chemicals.

Carbon Monoxide, also known as CO, is called the "Invisible Killer" because it's a colorless, odorless, poisonous gas. Hundreds of people in the US die every year from accidental non-fire related CO poisoning associated with generators and faulty, improperly used or incorrectly vented fuel-burning appliances such as furnaces, stoves, water heaters and fireplaces.

CO is an invisible and odorless gas emitted by fuel-burning products, including generators, gas appliances, water heaters, furnaces, charcoal grills, and engine-driven tools.

Generators produce hundreds of times more CO than cars.

More than 80 consumers die each year from CO poisoning caused by portable generators.

African Americans are at Higher Risk for Generator-related CO Death

 12% Percent of Population	 22% Percent of CO Deaths
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CO Alarms Save Lives

Install battery-operated CO alarms or CO alarms with battery backup in your home.

Don't be a Victim of CO Poisoning
Follow These Safety Tips:

- Never operate a portable generator inside a home, garage, basement, crawlspace, shed or on a porch; and never leave a car running in an attached garage.
- Operate portable generators outside only, at least 20 feet away from the house, and direct the generator's exhaust away from the home and other buildings.
- Ask retailers for a portable generator with a safety feature to shut off automatically when high CO concentrations are present. Some models with CO shut-off also have reduced emissions.
- Never burn charcoal inside a home, garage, vehicle, or tent.

CHOKING, STRAGULATION AND SUFFOCATION can cause obstructed airways and can be fatal.

To prevent suffocation:

- Put child-resistant locks on airtight spaces like fridges to keep kids out.
- Use cribs with a safe slat distance which is no more than 2 3/8 inches or 6 centimeters. For babies, choose the firmest mattress you can get and avoid putting anything in the crib for a child younger than one-year old.
- Keep plastic bags out of children's reach. They can get them wrapped around their heads.

To reduce the chance of choking:

- Inspect toys and stuffed animals for small pieces that could come off.
- Check the ground regularly for small items like bits of toys, hard foods, marbles, and jewelry that children can easily choke on.
- Avoid serving peanuts, seeds, popcorn, chewing gum, whole grapes, and hard candy to children younger than 4 and adults with swallowing or throat complications.

To prevent strangulation:

- Window cords cause one child death a month on average. Keep all window cords tied down with ends cut so they are not a loop. Or get cordless blinds which are best.
- Do not put necklaces and headbands on infants. Do not tie pacifiers around a baby's neck or clothing. Cut drawstrings on hoodies, waistbands, or other clothing.

More information on these topics can be found at www.safehome.org and www.healthychildren.org and for CO, see www.cpsc.gov .

Prepared by VLawrence –
Latah CERT