



Toolbox Talk: At Home Safety, Common Injuries That Will Keep You from The Office.

Introduction/Overview:

According to Injury Facts, [75 percent](#) of fatalities for 2018 occurred at home or in the community. With 75 percent of deaths occurring at home, the workplace is one of the safest places you can be. These fatalities happen when you least expect them: during a vacation, while doing chores, or driving across town. Many missed workdays can be attributed to injuries suffered at home.

Statistics:

According to Injury Facts, in 2018, [167,127](#) fatalities occurred, [125,300](#) of these fatalities were non-work-related. Also, in 2018, according to Injury Facts, [37,600,000](#) non-life-threatening injuries occurred. These deaths and injuries accounted for [479.1 billion](#) dollars in costs.

Talking Points:

The National Safety Council reports that the top three causes for non-work-related fatalities are poisonings, motor vehicle accidents, and falls.

Poisonings

Since 2011 poisonings have taken the number one spot for fatalities over motor vehicle accidents. In part, this is attributable to the rise in prescription drug overdoses.

Common causes:

Radon gas:

You cannot see or smell radon gas. Radon gas develops when soil, uranium, and water break down. Radon gas has been implicated in [20,000](#) lung cancer deaths each year. Information on in-home radon testing can be found at the following link. <https://www.epa.gov/radon/find-radon-test-kit-or-measurement-and-mitigation-professional>

Carbon monoxide (CO):

More than [400 fatalities](#) are caused each year by this odorless, colorless gas. CO is created through incomplete combustion. The greatest danger in the home is improperly maintained heating systems. Often, people warm their cars while in their garages. A build-up of CO occurs and may severely affect the driver before they can leave the garage.

Developed by:

Precautions to avoid CO injuries:

- Have gas heating systems maintained by the manufacturer's recommendations.
- Raise the garage door before starting your car.
- Never bring equipment that produces open flames into your home for any reason.

Household products:

More than [300 children](#) are brought into emergency rooms annually for poisonings. Many of these poisonings are because of the easy access the child has to household products. The American Association of Poison Control Centers reports that children under the age of 5 were exposed to single-load laundry pods over 9,000 times in 2018. Methods to eliminate these poisonings include:

- Storing household goods high and out of sight.
- Keep detergents and medicines in locked cabinets.

The National Poison Control Center number is (800) 222-1222 and is open 24 hours a day, 7 days a week.

Motor Vehicle accidents:

According to the National Safety Council (NSC), your lifetime odds of dying in a motor vehicle crash are one in [102](#). Many companies are offering driver training to help improve these odds, both on the job and off.

Ways to decrease your odds of dying include:

- Follow all driving laws.
- Drive a safe speed.
- Stay alert.
- Drive defensively.
- Be courteous.
- Don't attempt to multitask; the human mind is not designed for multitasking.
- And above all, **do not** use your phone while driving.

Falls:

According to Injury Facts, in 2018 [36,600 people](#) died due to falling. Falling is the number one cause of death for people over age 65, and most falls occur at home.

Tips to make your home safer:

- Remove clutter and anything you may trip over.
- Arrange furniture, so you have plenty of room for walking.
- Use a cane if needed.

- Don't carry items that block your view.
- Hold onto the handrail when using stairs.
- Install grab bars in bathroom areas (especially the tub).
- Make sure outdoor areas are lit at night.

Additional Discussion Notes:

Final Thoughts: The National Highway Transportation Safety Administration (NHTSA) concluded that texting while driving is six times more dangerous than driving while intoxicated. One study stated that texting drivers react 23 percent slower than intoxicated drivers do.

NOTE: Always promote discussion with the attendees. If a question comes up that no one in attendance can answer, please contact OWC or the Loss Control Innovations consultants for assistance.

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References:

[National Safety Council](#)

[Home Safety: Resources](#)

[Injury Facts](#)

[Poisons in the Home](#)

[Check Your Home for Radon and Save a Life](#)

[Carbon Monoxide: The Invisible Killer](#)

[Poisons: What Parents Need to Know](#)

[Ending Distracted Driving is Everyone's Responsibility](#)

[Eliminating Preventable Deaths in Home and Communities](#)

[Home and Community Overview Historical Deaths by Cause](#)

[The American Association of Poison Control Centers](#)

[Top 10 causes of Accidental death](#)