

The most common household accidents



1 FALLS

Falls are the leading cause of household accidents, particularly among older adults. Falls can lead to fractures, head trauma and other serious injuries.

Tips to prevent falls :

- ✓ Install grab bars in bathrooms and near stairways.
- ✓ Provide adequate lighting and make sure all areas of the home are well lit.
- ✓ Remove obstacles to keep floors clear of clutter and make sure carpets are secured.

2 BURNS

Burns from hot liquids, hot surfaces or open flames are all too common, especially in the kitchen.

Tips to prevent burns :

- ✓ Turn pot and pan handles inward to prevent accidental spills.
- ✓ Check the water temperature before taking a bath or shower.
- ✓ Install smoke detectors in every room and test them regularly.



3 POISONING

Ingesting toxic household products, medications or spoiled food can lead to serious poisoning.

Tips to prevent the risk of poisoning :

- ✓ Store household chemicals out of reach of children and pets.
- ✓ Clearly label chemical products and never store them in food containers.
- ✓ Throw away expired medication and store it in a safe place.

4 CUTS

Cuts and lacerations can easily occur when using knives or handling sharp objects.

Tips to prevent the risk of cuts :

- ✓ Use knives correctly and store them in a safe place.
- ✓ Avoid leaving sharp objects unattended, especially when children are around.
- ✓ Wear protective gloves when using sharp or dangerous tools.



By taking these preventative measures, you can significantly reduce the risk of household accidents and, consequently, the risk of disability.