

# 5 HIDDEN HOME DANGERS

Safety is no accident.

Home is a place to relax and spend time with family and friends. There will be bumps and bruises along the way, but serious injuries at home are almost always preventable.

Check out our top five hidden home dangers based on Utah specific injury data.



## 01 BABY'S SLEEP AREA

Infant sleep-related deaths are the leading cause of death for Utah babies ages one month to 1 year of age.

The safest place for a baby to sleep is on their back in the same room as his/her parents or caregiver but not on the same sleep surface.

Beds made for adults are not safe for baby. A crib with a well-fitted mattress and a fitted sheet are the safest sleep surface. Extra pillows, blankets, stuffed animals, etc. should not be placed in baby's sleep area.

## 02 PRESCRIPTION DRUGS

Every month in Utah, 24 families lose a loved one from a prescription opioid overdose.

Most Utahns who die from an opioid overdose suffered from chronic pain and took prescribed medications. Prescription opioids can be extremely addictive and dangerous.

Naloxone effectively treats opioid and heroin overdoses. Visit [utahnaloxone.org](http://utahnaloxone.org) for more information.

Get tips for safe use, storage, and disposal at [useonlyasdirected.org](http://useonlyasdirected.org).



## 03 OLDER ADULT FALLS



Ask your doctor to review your medications. Some medicines can make you sleepy or dizzy which can increase your risk of falling.



Regular physical activity improves your strength and balance.



Remove tripping hazards in your home and install safety devices like grab bars in your bathroom.



Falls are not a normal part of aging! But a fall can have devastating consequences. Even if you aren't injured, you may develop a fear of falling which can make you less active, putting you at an even greater risk of falling.



Have your vision checked at least once a year. Poor vision increases your risk of falling.



Sign up for a free "Stepping On" class to keep you strong, active, and independent at [livingwell.utah.gov](http://livingwell.utah.gov).

## 04 WATER AT ANY DEPTH



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Two common drowning scenarios in Utah:

A toddler (age 1-4 years) wanders off during a family gathering - with several adults present but none designated as the official "child watcher" - and falls into a body of water (like a pool, pond, ditch, stream, buckets of water, bath tubs, etc.).

Teens (often males) swimming with friends at a reservoir or lake. Many are "witnessed" drownings, meaning friends or family members saw the victim go under the water but are unable to rescue them.

Overestimating one's swimming abilities, especially in Utah's cold, swift waters, and peer pressure are often factors in these deaths.

## DROWNING IS OFTEN SILENT AND QUICK.

Someone who is drowning is not able to shout for help or grab onto something. Their head will be tilted back and low in the water, with their mouth open. Their hair may be over their forehead or eyes. They will be hyperventilating or gasping and trying to roll over their back or trying to swim but not making headway. It will look like they are climbing an invisible ladder.

Actively supervise children around water, giving them your undivided attention. Older siblings should never be in charge of watching a young child near water, including the bath tub.

Designate an adult to be the "child watcher" when water is nearby.

Wear a life jacket. Even expert swimmers and adults should wear a life jacket when boating or near open bodies of water.

Learn CPR.



## 05 FIREARMS

From the moment you decide to own a firearm, you are not only exercising your right, but taking the responsibility to use it in a legal and safe manner at all times. No exceptions.

Firearms should be stored securely at all times. Ammunition should be kept in a separate and secure location. Children should be taught to STOP, DON'T TOUCH, LEAVE THE ROOM, and TELL A RESPONSIBLE ADULT when they find a gun.

Nearly 83% of firearm deaths in Utah are suicides. If you or any member of your home is depressed or in crisis, consider temporary off-site storage of your guns. Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for help 24/7.

#Safe4Life - Safety is no accident. It's a choice we make every day throughout our entire lives.

To learn more visit, [health.utah.gov/vipp](http://health.utah.gov/vipp)

