

# 3. SAFETY FIRST

## Making your household safe

### WHY ACT?

We're all familiar with the truism that most accidents occur in the home. By preparing your home for the unexpected, and practicing a little, you can help your family manage any service disruption with minimum strain and pain.

### PREPAREDNESS ACTION

- Step 1: Get a notebook and pen or pencil.
- Step 2: Take a tour of your home and make note of the safety modifications you'll need to make. On a separate page, note any of the following items you'll need to purchase.
- Step 3: Place flashlights where you can find them easily in the dark. Flashlights are much safer than candles, but if you must use candles please follow these safety rules:
  - ▶ Make sure candles sit properly in holders on a flat, stable, non-flammable surface.
  - ▶ Never leave a lit candle unattended in any room of the house.
  - ▶ Never leave candles burning when you go to bed.
  - ▶ Never leave a child or pet alone with a lit candle or any open flame.
  - ▶ Never use candles near combustible materials such as curtains, drapes, bedding or cabinets.
  - ▶ Never spray an aerosol can near an open flame.
- Step 4: Make sure you have a clear path to exits and hallways. Remove objects from stairs. Make sure electrical and extension cords are not in your walking path.
- Step 5: Arrange furniture so you can walk around it easily.
- Step 6: Make sure carpeting is firmly attached along stairs. Don't place rugs at the top or bottom of stairways. Apply double-sided carpet tape to rugs that can slip.
- Step 7: Make sure you have handrails on any staircase. Use non-skid contrasting tape or rubber stair treads on uncarpeted stairs.
- Step 8: Purchase whatever materials are necessary to make modifications.

## **MATERIALS**

Batteries for flashlights and materials for making safety modifications to your home.

## **TIME**

An hour to several hours to review your safety needs and make any modifications.

## **RESILIENCY GAIN**

Enhanced ability to live off the grid at a moment's notice with minimum anxiety and difficulty.