



## HSE ALERT # 155

### *HSE AT HOME*

Home is the place where people have valuables and loved-ones for which they live their life, so taking care of Health, Safety and Environment of home should be the first and the most important thing for a person. There are some significant steps related to HSE at home, by following these steps one can able to reduce risk and injuries at home.



#### *Health:*

- Always use boiled or mineral water.
- Children must be vaccinated on proper intervals at their birth
- Always go through a complete family medical check-up at least once a year.
- Implement measures of kitchen hygiene in the kitchen
- Periodically perform the spring cleaning of the kitchen including refrigerator.
- Synthetic carpets are centers of germs accumulation and have been found to cause asthma like allergies to children. Therefore preferably use woolen carpets.

#### *Safety:*

- Always keep first-aid box at home.
- Check regularly any frayed wires, wires under carpets, loose plugs or gas smells around pipes or appliances.
- Place handrails and slip-resistant floor coverings on staircases
- Install an Earth Leakage Circuit Breaker (ELCB) at home to mitigate electrical hazards.
- Discard old and outdated medicines and chemical products.
- Always kept household cleaning products and medications out of children's reach.
- Keep numbers of local emergency medical and police centers near every phone.
- Always keep flammable materials, such as gasoline or oil-soaked rags in appropriate containers.

#### *Environment:*

- Always lined kitchen waste bins with plastic bags
- Disposed off waste properly from home.
- Proper ventilation system must be in rooms to avoid suffocation