



A safe home is in your hands.



Preventing Injuries during Spring Cleaning

During spring cleaning duties this year, home safety should be at the top of your “to-do” list. According to the Home Safety Council’s *State of Home Safety in America*™ report, unintentional injuries in the home result in nearly 21 million medical visits on average each year.*

“Cleaning and organizing your home are significant steps toward creating a safe home,” said Meri-K Appy, Home Safety Council president. “But take care. Because a good spring cleaning often means climbing, lifting heavy objects and using strong cleaning solutions – all potential safety hazards themselves.”

The Home Safety Council encourages Americans to follow simple safety steps during spring cleaning to reduce risks and uncover and remedy home safety hazards.

Spring Cleaning the Safe Way

Chores like re-organizing closets and tackling a thorough spring cleaning can put families at even greater risks for falls and poisonings – the two leading causes of home injury in America. The Home Safety Council urges families to keep safe practices top of mind while cleaning up and cleaning out your home, garage and yard.

- Always keep stairs, steps, landings and all floors clear of toys and clutter.
- When cleaning walls and ceilings, use the opportunity to replace burned out light bulbs with bright lights over stairs and steps.
- Carry loads you can see over, and keep one hand free to hold banisters and railings.
- Safely tuck telephone and electrical cords out of walkways.
- Keep children away from anyone cleaning windows. Shut upper windows and promptly replace any removed window guards.
- When washing window blinds, check that cords are stored up high, out of a child’s reach.
- If you need to climb, always use a ladder.
- When using a ladder, stand at or below the highest safe standing level. For a stepladder, the safe standing level is the second rung from the top, and for an extension ladder, it’s the fourth rung from the top.
- Before using a ladder, make sure the rungs are dry and the ladder is securely positioned on a flat surface.
- Follow product label safety recommendations, like wearing gloves and masks, when using harsh products.
- Do not mix household cleaning products together because their contents could react with dangerous results.
- Carefully read the labels on all products and medications and separate those that say “Caution,” “Warning,” “Danger” or “Poison.” Lock these products up and out of sight and reach of young children.
- Empty buckets after use. Store them turned over or upside down.