

# Home Safety Tips

(NAPSA)—When it comes to being safe and secure in your own home, prevention is often the best medicine. Protecting the health and well being of you and your family can begin with removing hazards or reducing their threat.

Here are a few quick tips on how to keep your family—and your home—safer and healthier.

- If children are going to be around the house unsupervised, make sure windows are kept closed and locked.

- Keep furniture away from windows. Chairs and tables are an invitation to children who can climb up to get to window ledges or sills.

- Don't leave children unsupervised around open windows with screens. Screens are designed to provide ventilation, not break a child's fall.

- Develop a fire-escape plan and practice it from several locations in the house.

- Keep the kitchen clean. The Centers for Disease Control and Prevention estimate that 33 million people are infected each year—and as many as 9,000 may die—from food-related disease.

- Wipe countertops frequently with a nontoxic disinfectant.

- Have your heating system checked each fall to make sure it's operating correctly. Keep air circulating in your home to eliminate toxic fumes.

- If engaged in home repair projects, such as painting or gar-



**Wiping countertops frequently with a nontoxic disinfectant reduces the risk of spreading food-related illness.**

dening, take frequent breaks to reduce the likelihood of repetitive stress injury.

- Individuals who already suffer from carpal tunnel syndrome, as well as arthritis and tendinitis, may find some relief from the symptoms and still be able to carry out their home-improvement tasks by using a pair of gloves that allows them to grip hand tools and provides elastic support.

The gloves—called Handeze and made by Dome Industries—are made from a stretch fabric treated with the Med-A-Likra process. It traps body heat and raises blood temperature in the fingers, hands and wrists and keeps pressure on the muscle tissues, helping to relieve or prevent pain.

To learn more, call 1-800-432-4352.