

Let's talk about...

Health And Safety In Your Home

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To avoid unnecessary accidents happening, it's important for you to plan ahead.

You should:

- Control access to chemicals, cleaners, alcohol, medicines and any other poisonous substances
- Follow directions issued by doctors and pharmacists or information stated on the packaging on non-prescription medicines
- Ensure young children's toys have no small

- detachable pieces on which they could choke
- Have gas appliances serviced regularly by a CORGI registered installer
- If you think you can smell gas report it immediately (do not switch on lights or other electrical equipment or use anything else which may act as a source of ignition)



- Never block vents in doors and windows, it can result in carbon monoxide poisoning
- If you have a gas burning fire or appliance fit a carbon monoxide alarm in the same room
- If you experience headaches, drowsiness or breathing problems when you use a gas appliance turn it off and immediately report it

Other accidents that could happen in your home include:

- Falling from height
- Tripping and slipping
- Being burnt or scalded

- Being electrocuted
- Being poisoned or asphyxiated

Stopping such things happening to you and your family is mainly common sense but sometimes we are all in too much of a rush to use it, or decide to take a risk.

You should:

- Never use a chair or stool to climb on, always use a set of steps
- Ensure staircases are well lit
- If you have young children ensure windows are





childproof and stairs have child gates

- A common cause of tripping is over toys; set up play areas and tidy them up after use
- Electric cables and leads are another main cause. Always position them safely and put away when not needed
- Mop up any spillage on tiles immediately



- A rubber bath mat is an inexpensive way of reducing the risks of getting in and out of a bath
- Make sure carpets are securely fastened down
- Control access to matches and lighters
- Never leave a lit cigarette unattended. Never smoke in bed or anywhere you may doze off
- Do not dry items by placing them in front of a fire
- If you have young children use a fire guard when the fire is lit
- Identify where best to fit smoke alarms, fit them and test on a weekly basis
- When you go to bed close as many doors as possible to prevent smoke and fire spreading
- Have an emergency escape plan and teach it to your family
- If a fire occurs, evacuate the house with your family and stay out. Let the experts deal with it



- Fit guards to cooker hobs to prevent pans being able to slide off
- Position pan handles so that they cannot be pulled over
- Don't overfill kettles and pans
- Many scalds occur due to hot water direct from the system, particularly in baths and showers. Check the temperature before use and consider lowering settings on the thermostat control
- Do not use 240 volt mains powered portable items, for example radios, in the bathroom
- Regularly check the condition of plugs and leads on electrical items and if damaged change them
- Ensure that fuses in plugs are the correct rating
- Never put more than one adapter into a socket
- Never work on an electrical item unless the appropriate main fuse has been removed
- Position leads where they cannot be cut or damaged
- Ensure that any electrical or gas work that you have carried out to your property is carried out by a fully qualified



electrical or gas installer
(you should first seek
approval from the Trust
before any improvements
are carried out)

- Ensure that adequate heating and ventilation is maintained in cold weather. This will help to reduce the effect of condensation, mould growth, damp etc.

If you want to know more,
please contact us:

Online: 

Web: www.cdht.org
Email: info@cdht.org

By phone: 

Freephone: 0808 100 7701
Monday to Thursday
8.00am - 6.00pm
Friday 8.00am - 5.00pm
Fax: 01244 305690
Minicom: 01244 305500
Text: 07800 000 177



By visiting us at:

Registered Office

Centurion House
77 Northgate Street
Chester, CH1 2HQ

Monday to Friday
9.00am - 4.45pm

Neighbourhood Office, Lache

89a Cliveden Road
Lache, CH4 8DT

Mon, Tues, Thurs & Fri
9.00am - 12.00pm

Neighbourhood Office, Blacon

17-18 The Parade,
Blacon, CH1 5HW

Monday to Friday
1.30pm - 4.30pm

Resident Involvement

We know it makes sense to involve our residents to help improve housing services. Here at the Trust we take every opportunity to give residents **a say!** Interested?

Find out how your views can make a change to the way we do things by contacting the Resident Involvement Team on Freephone 0808 100 7701.

Also Available in:

الترجمة متاحة 可获得翻译版本。 dysponujemy tłumaczeniem dokumentu 備有譯本

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