



UAMS
UNIVERSITY OF ARKANSAS
FOR MEDICAL SCIENCES



In Cooperation With:

Statewide Injury Prevention Program

HOME SAFETY RESOURCE GUIDE

October 2011

Injury Prevention Center
Arkansas Children's Hospital

Center for Applied Research and Evaluation
University of Arkansas for Medical Sciences
1 Children's Way, Slot 512-26
Little Rock, Arkansas 72202-3591

Home Safety

General Home Safety

Home Safety Fact Sheets

Website: <http://www.archildrens.org/Services/Injury-Prevention-Center/Home-Safety.aspx>

Sponsor: The Injury Prevention Center at Arkansas Children's Hospital

Purpose: Fact sheets cover a variety of topics including:

- Burn Prevention
- Crying Baby
- Home Safety Checklist
- Home Safety for Older Adults
- Healthy Aging: Fall Prevention

Cost: Free

Safety Baby Showers: A Planning and Implementation Toolkit

Website: Reid Parnell at rcparnell@uams.edu

Sponsor: The Injury Prevention Center at Arkansas Children's Hospital

Purpose: Safety Baby Showers provide an opportunity to teach expectant parents how to keep their babies safe in a fun filled environment. They are in essence learning parties for pregnant women! Education is provided on home safety, safe sleep, shaken baby syndrome, and child passenger safety. After the shower participants will meet with a trained Child Passenger Safety technician to receive the child safety seat.

Cost: Minimum of \$50 per participating mother

Child Hyperthermia Fact Sheet

Website: <http://www.safekids.org/safety-basics/safety-guide/kids-in-and-around-cars/never-leave-your-child-alone.html>

Sponsor: Safe Kids USA

Purpose: Fact sheet to raise awareness of child hyperthermia and how to promote education and prevent child entrapment within a car.

Cost: Free

Choking and Suffocation Resources

Heartsaver CPR in Schools

Website: <http://www.heart.org>

Sponsor: American Heart Association

Purpose: *Heartsaver CPR in Schools* is designed to teach middle and high school students lifesaving skills. Especially designed with the teen audience in mind, the course appeals to students through a unique training video featuring teen interviews and edgy video footage. The course is presented in several modules giving schools the flexibility to teach the course over several class periods. The content includes adult and child CPR and choking. Students can even earn a credential card after successful completion of the course.

Cost: \$250 based on a class size of 15

Drowning

Pool Safely Communications Toolkit

Website: <http://www.PoolSafely.gov>

Sponsor: Consumer Product Safety Commission

Purpose: This toolkit was created by the CPSC and is complete with proven water safety steps for consumers. This campaign also serves as a call to action regarding safer pools and spas.

Cost: Free

Start Safe: A Water Safety Program for Young Children and Their Families

Website: <http://www.safekids.org/educators/Start-safe/water-safety>

Sponsor: Safe Kids Worldwide and Home Safety Council

Purpose: This guide provides resources to reach caregivers and parents about the importance of water safety. It includes an educator plan and age appropriate lessons for preschoolers. Through the program, parents will learn the three major behaviors related to water safety: Lock, Look and Learn!

Cost: Free

Falls

Falls Prevention Fact Sheets

Website: <http://www.ncoa.org/press-room/fact-sheets/healthy-aging-fact-sheet.html>

Sponsor: National Council on Aging

Purpose: Fact sheets that offers evidence-based interventions, practical lifestyle adjustments, and community partnership information in order to reduce the number of falls among seniors. Fact sheets offered:

Falls Prevention

Healthy Aging

Cost: Free

Fit in 10

Website: http://www.arfamilies.org/health_nutrition/fitin10/default.htm

Sponsor: University of Arkansas Division of Agriculture Cooperative Extension

Purpose: *Fit in 10* is a research-based exercise program including the "Increasing Physical Activity as We Age" Fact Sheets and an exercise DVD. With this program you can get your exercise in 10-minute sessions throughout the day or all at once. The research-based *Fit in 10* video can be done for 40 minutes or you can pick and choose the segments to create your own exercise experience.

Cost: \$10

A Matter of Balance (MOB)

Website: <http://www.care-link.org>

Sponsor: Area Agencies on Aging in partnership with CareLink

Purpose: This program's goal is to reduce fear of falling, stop the fear of falling cycle, and increase activity levels among community-dwelling older adults. (MOB) acknowledges the risk of falling but emphasizes practical coping strategies to reduce this fear. These include:

- Promoting a view of falls and fear of falling as controllable

- Setting realistic goals for increasing activity

- Changing the environment to reduce fall risk factors

- Promoting exercise to increase strength and balance

The workshop is conducted over eight sessions, meeting weekly or twice weekly for two hours per session. Meetings are led by volunteer lay leaders called coaches. A Master Trainer is responsible for teaching the Matter of Balance curriculum to the coaches and providing them with guidance and support as they lead the Matter of Balance classes.

Cost: Free

Remembering When

Website: <http://www.nfpa.org/rememberingwhen>

Sponsor: National Fire Protection Association

Purpose: People 65 and older are twice as likely to be killed or injured by fires and falls as the population at large. Designed for a multicultural audience, *Remembering When* is a complete, step-by-step program that teaches life-saving lessons to a multicultural population age 65 and older. It includes lesson plans, brochures, fact sheets, game cards, and more!

Cost: \$65

Fire

Evaluating and Creating Fire and Life Safety Materials: A Guide for the Fire Service

Website: <http://www.nfpa.org/assets/files/PDF/GuidefortheFireService.pdf>

Sponsor: The Johns Hopkins Center for Injury Research and Policy for the National Fire Protection Association

Purpose: This guide was created to use the results of the Johns Hopkins Fire Safety Study to help fire prevention educators make good decisions about creating and evaluating educational materials to set the stage for effectively communicating with children. The guide first briefly explains how children develop cognitively and socially. It then provides strategies to create effective fire prevention educational materials and messages for children and families. Ideas are provided for pre-testing materials, addressing the needs of low-literacy audiences, and involving parents.

Cost: Free

Fire and Burn Educator's Guide for Older Adults

Website: <http://ameriburn.org/Preven/BurnSafetyOlderAdultsEducator'sGuide.pdf>

Sponsor: American Burn Association

Purpose: This is a community fire and burn prevention program that includes fact sheets for community distribution, sample public service announcements, and PowerPoint presentations. This toolkit focuses on creating a safe home environment while promoting independence and dignity.

Cost: Free

Fire Safety Campaign for People 50-Plus

Website: <http://www.usfa.fema.gov/campaigns/50plus>

Sponsor: FEMA & US Fire Administration

Purpose: This campaign encourages Americans ages 50 and older to practice safe smoking, safe cooking, and safe heating in their homes.

Cost: Free

Install, Inspect, Protect: Smoke Alarms Save Lives

Website: <http://www.usfa.fema.gov/campaigns/smokealarms>

Sponsor: FEMA & U.S. Fire Administration

Purpose: This program is part of the U.S. Fire Administration's effort to reduce fire deaths and injuries across the nation by urging residents to install smoke alarms in their homes and inspect and maintain them on a regular basis.

Cost: Free

Prevent the Unthinkable: A Fire Safety Campaign for Babies and Toddlers

Website: <http://www.usfa.fema.gov/campaigns/usfaparents/index.shtm>

Sponsor: FEMA & U.S. Fire Administration

Purpose: This campaign urges parents and caregivers to prepare for a fire emergency by installing and maintaining working smoke alarms, safely storing lighters and matches out of children's reach and sight, and practicing a fire escape plan with small children.

Cost: Free

Remembering When

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Sponsor: National Fire Protection Agency

Purpose: People 65 and older are twice as likely to be killed or injured by fires and falls as the population at large. Designed for a multicultural audience, *Remembering When* is a complete, step-by-step program that teaches life-saving lessons to a multicultural population age 65 and older. It includes lesson plans, brochures, fact sheets, game cards, and more!

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Poisoning

Carbon Monoxide Poisoning Prevention Toolkit

Website: <http://des.nh.gov/organization/divisions/air/pehb/ehs/iaqp/documents/co-toolkit.pdf>

Sponsor: Centers for Disease Control and Prevention (CDC)

Purpose: This toolkit provides research based strategies for prevention of carbon monoxide poisoning by identifying target populations and includes awareness and prevention messages. It also provides customizable materials for in-state, local and hospital based prevention campaigns.

Cost: Free

Make a Difference

Website: http://pubs.niaaa.nih.gov/publications/MakeADiff_HTML/makediff.htm

Sponsor: National Institute on Alcohol Abuse and alcoholism

Purpose: The *Make a Difference* guide promotes awareness on teen alcohol use and offers prevention strategies for parents.

Cost: Free

Older Adults and Alcohol

Website:

<http://newcart.niapublications.org/shopdisplayproducts.aspx?id=30&cat=Healthy+Aging>

Sponsor: National Institute on Aging

Purpose: The National Institute on Aging has published a brochure addressing the damaging effects on alcohol use in older people and offers education and prevention information to help keep this population safe.

Cost: Free

Poison Prevention

Arkansas State website: <http://www.uamshealth.com/?id=5320&sid=1>

National website: <http://www.aapcc.org/dnn/default.aspx>

Sponsor: Arkansas Poison and Drug Information Center

Purpose: The Arkansas Poison and Drug Information Center contains extensive information on how to prevent poisoning and includes the following items available for ordering:

Poison Control Magnets

Poison Control Stickers

Spikes Poison Prevention Adventure for Children

Cost: Free

Poisoning Educator Toolkit

Website: <http://shop.nsc.org/Poison-Prevention-Educator-Kit-P2275.aspx>

Sponsor: National Safety Council

Purpose: The purpose of this kit is to reduce poisonings through a train-the-trainer approach. Components of the kit include poison prevention education materials for the community and workplace as well as evaluation tools and fact sheets.

Cost: Free