



DON'T LEARN SAFETY BY ACCIDENT.

Limit the risks of home injuries! Have bright lights over stairs, steps, and on landings. Keep the stairs clear of clutter to prevent falls or other injuries. Place nightlights in the hallways of your home for better night time visibility.

For more information on the 2010 Monthly Wellness Awareness Campaigns, Please visit: www.cpms.osd.mil/wellness



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SAFETY IS A FULL-TIME JOB.



DON'T MAKE IT A PART-TIME PRACTICE.

Keep children away from harm! Whether you have children living at or visiting your home, make sure to “*child proof*” risky areas. Use safety caps to keep children away from playing or placing objects into electrical receptacles. Safely tuck electrical cords out of walkways to prevent falling or other accidents.



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Filter Your Home from Unhealthy Threats

To improve the quality of air circulation at home, properly ventilate rooms where a fuel-burning appliance is used. Use appliances that vent outside whenever possible. This can help prevent the risk of respiratory problems due to NO² (nitrogen dioxide) exposure.



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Live Clean.
Live Healthy.
Live Well.

Out with the Dust! On average, people spend more than 50% of their time at home so make it as healthy as it can be. Cleaning your house at least once a week limits pollen, dust mites, and unhealthy exposures to your health. It can even help minimize your summer time allergies!

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Open the Door To Home Safety.



Inform your family about the importance of Home Safety! Being aware and prepared during emergencies can significantly reduce the risk of unintentional home injuries. Ensure that all doors and windows are locked from the outside when you are not home or at night. Inspect locks to ensure they are in proper working condition so you can easily exit during emergency situations.

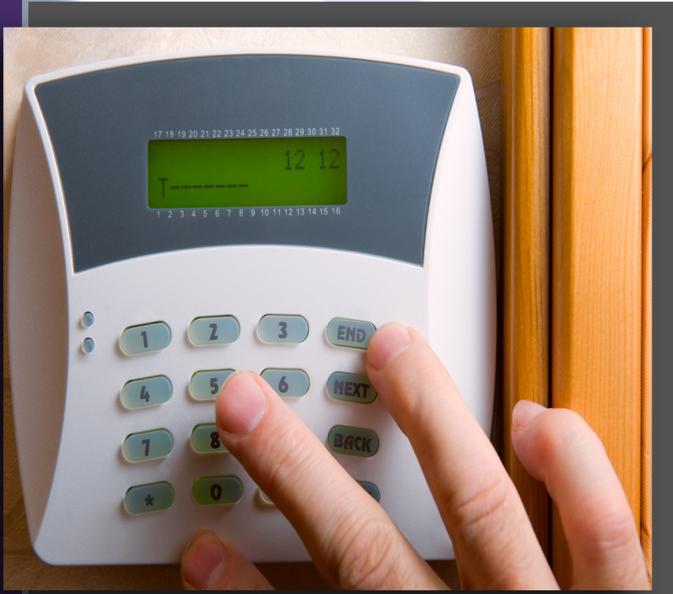


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When In Doubt...



Check it Out!



Make Home Safety A Way of Life.

You can never be TOO SAFE! If you have any doubt that you may have forgotten to take a security measure, such as turning off electronic appliances or locking doors or windows, when leaving home, double check. Test your smoke alarm each month and review a fire escape plan with your family.