A GUIDE TO SAFE LIVING at Home

Nilgün Yavuz





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Kızılay Culture and Arts Publications: 17 Resilience Series: 2

Editors

Alpaslan Durmuş Gökçe Eser

Translation

Şerife Neslihan Uçan Ayşegül Üstün

Graphic Design

Nevzat Onaran

Illustration

Yahya Alakay

Production Coordinator

Fatma Sena Yasan Ahmet Erdem Işık

ISBN 978-625-99214-1-9

July 2023, Istanbul
First Edition

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Publisher Certificate No.: 15368 Sütlüce Mah. İmrahor Cad. No.: 28 34445 Beyoğlu / İstanbul / Türkiye Phone: (+90 212) 263 1868

Website::www.kizilaykultursanat.com.tr/yayinevi/

e-mail: kks@kizilay.com.tr

Printing & Binding

Meteksan Matbaacılık ve Teknik Sanayi Tic. A.Ş. Printing Certificate No.: 46519 Beytepe Köy Yolu No.: 3 06800 Bilkent-Çankaya/ANKARA

Kızılay Culture and Arts Publications Cataloging in Publication data

Yavuz, Nilgün.

A Guide to Safe Living at Home / Nilgün Yavuz ; Editors Alpaslan Durmuş, Gökçe Eser.

Istanbul, Kızılay Culture and Arts Publications 2023.

72 pages : graphics, table ; 15x23 cm. ISBN 978-625-99214-1-9

- 1. Home accidents, 2. Home accidents Prevention.
- 3. Home accidents Prevention -- Equipment and supplies.
- I. Yavuz, Nilgün, 1992-TX150 .Y38 2023

Preface

Hello!

Welcome to Chapter 0!

As part of a series or game, chapters are typically numbered sequentially from one to many. However, in this book, which is part of a series on resilience, the order starts with zero. Chapter 0 represents individual, domestic, and ordinary situations that we all encounter on a daily basis. As we progress through the series, we will delve into more complex topics, moving from the individual and domestic to the social and global, eventually exploring extraordinary situations.

As you take this book in your hand and begin reading this page, you may find yourself wondering why we are embarking on this journey and why we have chosen this particular path. The truth is that building resilience in society must start from the ground up, beginning with individuals and households. Although resilience is often associated with disasters, it is crucial to first gain control over ordinary daily situations. This requires making resilience a habit – a way of life that is ingrained within us.

You may have heard of Isaac Newton, who discovered gravity, and perhaps his laws of motion. One of them is the Action-Reaction Law. Leaving aside the technical explanations, I can summarize it as follows: for every action, there is an equivalent reaction.

The relevance of this information, which will enable us to advance to the next round in the quiz competitions for those who do not have a special interest, is as follows: Our behaviors in our homes where we perform our daily routines have positive or negative bringing for us; Safe behavior brings a safe life, and careless behavior brings accidents.

In this book, we will learn where, how, and to whom home accidents happen, and then discover the paths that branch off from the roads leading to these accidents, and learn how we can overcome them when we face them despite everything. If we think in two stages, we will first make the brain learn by reading, and then by applying it, we will make the body learn. Our achievements in ordinary situations will lay the groundwork for dealing with extraordinary situations and will build resilience for us.

This is why I started this series. On this path, I hope to take firm steps together with you.

Now, let's take the first step with this book...

Table of Contents

6 Our Safe Harbour

- 6 Why are young children prone to home accidents?
- 8 What makes elderly and disabled individuals more susceptible to home accidents?
- 10 Why do pets face home accidents?
- 12 Do Accidents Happen With a "Warning"?

14 Common Misconceptions

- 15 The 'then' and 'moment' when accidents occur the most
- 16 "Don't panic!" "Be careful!" "Don't get distracted!" are easy things to say. But how can we actually make it happen?

17 Where do Accidents Find us in Our Homes?

- 17 Living Room
- 18 Bathroom and Toilet
- 19 Kitchen
- 20 Children's Room
- 22 Warehouse, Garage and Workshop

23 Falling and Collision

- 23 What Happens?
- 24 What Should and Shouldn't be Done?
- 25 What To Do? What Not To Do?

26 Suffocation

- 26 What Happens?
- 27 What Should and Shouldn't be Done?
- 28 Choking and Heimlich Maneuver on Adults
- 30 Choking and Heimlich Maneuver on Infants

32 Burns

- 32 What Happens?
- 33 What Should and Shouldn't be Done?
- 34 What To Do? What Not To Do?

35 Electric Shock

- 35 What Happens?
- 36 What Should and Shouldn't be Done?
- 37 What To Do? What Not To Do?

38 Poisoning

- 38 What Happens?
- 39 What Should and Shouldn't be Done?
- 40 What To Do? What Not To Do?
- 42 Use of Chemicals at Home
- 44 Accident Agents
- 46 Chemical Intoxication
- 48 First Aid Treatment for Chemical Burns
- 50 Essential Precautions to Ensure Chemical Safety

53 Family Disaster Plan

- 60 Hazardous Chemical Substance Symbols
- 62 Safe Steps At Home



The preparative of conditions that cause accidents are generally attitudes and behaviors that include negligence, carelessness and/or unconsciousness. Accidents lead to disastrous consequences, ranging from minor injuries to loss of life and a significant part of which includes material damage of varying degrees. Home accidents are events that occur inside the house or in the outbuildings of the house such as a garden, warehouse, coal shed, garage, or pool. Most of them are preventable. Although the rates vary in every different country and according to age groups, home accidents, which form approximately 25% of all accidents, are an important health and safe living problem as they may result in injury, disability, or death. This booklet aims to help individuals develop resilience and gain knowledge and skills relevant to living in health and safety at home. It is intended for anyone who wants to improve their understanding of the following subjects:

- What kind of accidents happen at home and how?
- Are home accidents predictable?
- What precautions can be taken against home accidents?
- What are the dos and don'ts against possible accidents?
- How can one act conscious sly when an accident occurs?
- What are the emergency response processes that should be operated in the event of an accident?

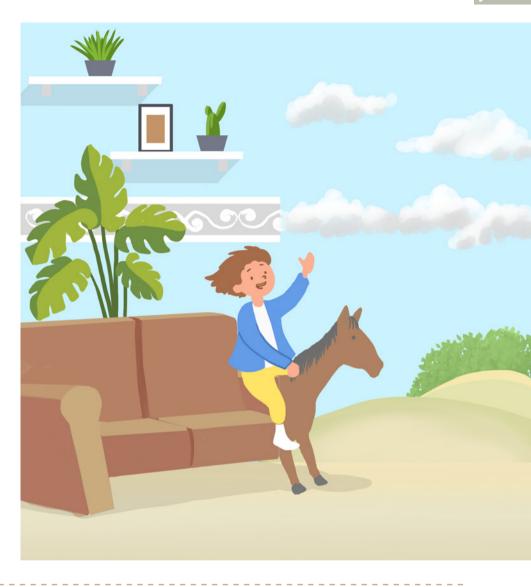
Our Safe Harbour

Home accidents mostly happen to children, the elderly, and people with disabilities. It is necessary to make their house safe for them. Therefore, they should be given help and support to protect them from accidents. Naturally, this help and support should be provided by those responsible for them, such as a parent or a caregiver.

Children often view their home and surroundings through the lens of their imagination. A child can gallop on horseback by sitting on the armrests of a chair, or imagine jumping from a table onto a sharp cornered trestle ship sailing into a sea of blue carpet. Taking a child's perspective can help parents identify potential hazards in the home and ensure a safer environment for their children.

Why are young children prone to home accidents?

- Children's developmental skills and experience in protecting themselves from accidents are not fully developed, making them more vulnerable to home accidents.
- Many children spend most of their time at home.
- Children have a high level of curiosity to explore and learn about their environment.
- Children imitate the behavior of their elders
- For many children, slippery or wet floors are enjoyable playgrounds.



- Children are mostly on the move.
- Most children have a natural inclination to climb on objects and furniture in their home, often engaging in activities such as jumping, hopping, and leaping.
- Children are often unaware of dangers.

- Almost all children engage in behaviors that are open to environmental risks.
- Young children, in particular, have a tendency to put various items and objects in their mouths as a way of exploring and recognizing them.

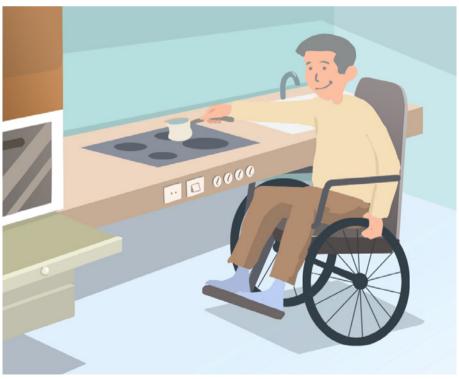
What makes elderly and disabled individuals more susceptible to home accidents?

- Due to the natural aging process, reflexes of elderly individuals may become weakened while disabled individuals may not have fully developed reflexes. As a result, they may not be able to respond quickly and appropriately to sudden situations, increasing their risk of home accidents.
- Many elderly people and people with disabilities spend most of their time at home.
- Most elderly and disabled individuals want to meet their needs personally. Hence, they take action on their own.
- Elderly and disabled individuals may have difficulty maintaining their balance on wet and slippery floors.
- In certain households, there is a lack of appropriate preparations made for elderly and disabled individuals.
- In the movement areas of some houses, there are small unnecessary items, messiness and cables

- Some houses have high thresholds and steps that will challenge the elderly and disabled people.
- Many homes do not have handrails or handles in their bathrooms and toilets, which can make it harder for elderly or disabled individuals to use these facilities safely and independently.
- Some homes do not use non-slip materials under their carpets, rugs, and mats, creating a slipping and gathering hazard.







Why do pets face home accidents?

- Baby animals are naturally curious and tend to be very active as they explore their surroundings.
- Animals are generally full of action; they spend most of their days hopping, jumping and knocking things over.
- Several animals have a tendency to eat different types of substances, including food, garbage, and medicine, without being able to distinguish them.
- Pets may find it enjoyable to nibble on plants in the garden or flowerpot, even though some of these plants may be toxic to them.

- In some cases, animals may drink water that has been contaminated with detergent because they are not able to distinguish it from clean water when they are thirsty.
- Exposed electrical wires can pose a danger to animals if they happen to nibble on them.
- Animals may not understand the danger of open windows or widely spaced balcony railings, and therefore may not have any reason to hesitate before trying to escape through them.





One or more of these may also be relevant for someone from your household.

Home accidents are a concern not only for children, the elderly, and disabled individuals but also for many people in their daily lives.

- Do we remember how many times we hit our head on a kitchen cabinet left open?
- How about this? HoHow many of us have a carpet in the hallway that can slip at any moment?
- Who knows how many times we got stuck in the extension cord we pulled in the middle of the room when we hurriedly got up from our place when we wanted to have the phone on the charger and with us?
- How many time has the box we thought 'Wait for now, I'll remove you sometime' appeared in our path?

If you feel anxiety while reading our examples, or if you have a bitter smile from previous experiences, do not neglect what needs to be done, do not delay, and do it now!



Accidents can occur in different parts of the house due to various items and equipment. These incidents usually happen when an item's inherent feature or equipment is not adequately controlled or accidentally misused. For instance, objects such as knives, forks, corkscrews, and graters possess sharp and penetrating properties that can inflict injuries if mishandled or left on a table, counter, or floor improperly. Electric shocks can result from touching power sources or entry-exit points of power tools with bare hands, while leaks in these areas may cause fire outbreaks. Careless movements like stepping on scattered toys in the living room, forgetting hand tools after repairs in the hallway, or getting caught up on extension cords pulled high from the ground can result in broken bones or dislocations. Additionally, leaving ribbons or raffia on the floor after gift wrapping or not cleaning oil spills on kitchen floors immediately can lead to slipping and injury. It is crucial to use tools and goods in the house with care for their intended purpose and return them to their proper place after use to prevent accidents.

Common Misconceptions

Household accidents mostly occur due to the misuse of tools and objects or leaving them around after use. The leading cause of accidents is the distraction caused by psychological factors including but not limited to tiredness, restlessness, absent-mindedness, stress, and physiological factors such as hunger and insomnia, which can lead to a lack of focus Carelessness or distraction often results in slowed reaction time, leading to accidents.

There are some situations and times that make accidents occur in an easier way. Being aware of them will mean getting rid of some of the accidents in advance.

FALSE

The furniture is too heavy, a child cannot topple it over.

TRUTH

You need to look at objects through a child's imagination. A child who can easily pull the drawers of a dresser that appears safe when closed may be building an Everest for himself. It is not even unlikely that the dresser whose center of gravity changes with the opening of the drawers may topple over the climbing child.



FALSE

The less elderly people move, the less they fall.

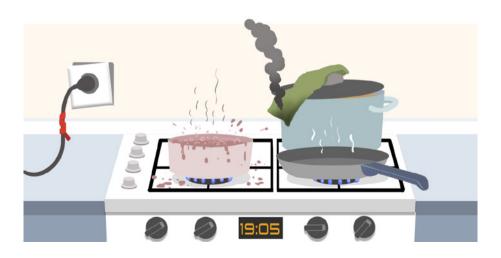
TRUTH

Limiting mobility makes a person more susceptible to falls. Regular physical activities help individuals maintain their strength and mobility.

The 'then' and 'moment' when accidents occur the most

- Times when there is rush and haste to leave home in the mornings
- Times when there is messiness rushing while cooking meals
- Times when chemicals are left around during cleaning
- Evenings when tiredness sets in
- Times when children are left alone without an adult present

- Onset of menstrual cycle,
 pregnancy and postpartum period
- Times when illness, fatigue and lack of sleep are experienced
- Intense periods of stress due to professional problems, personal and/or family issues, and economic problems.



"Don't panic!" "Be careful!" "Don't get distracted!" are easy things to say. But how can we actually make it happen?

Prepare in advance!

Do not leave your preparations for school/work until the morning, do them in the evening while you still have time.

Wake up early!

Give yourself enough time to get ready and have breakfast, wake up sufficiently early before it's time to leave so that you have time for your pre-departure preparations.

Make sure you get enough rest!

Even if you do not feel tired at the end of the day, establish a routine bedtime to ensure you get adequate rest. Even if you are not tired, stick to your sleep schedule and wake up rested!

Keep things in their proper place!

Make sure that commonly used items have designated places; don't waste time searching for them and avoid getting flustered or angry.

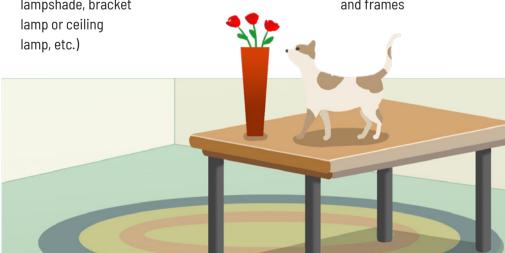


Accidents are often caused by negligence.

Where do Accidents Find us in Our Homes?

Living Room

- mirror and windows
- houseplants (especially poisonous plants)
- electrical switches. sockets
- lighting tools (chandelier, lampshade, bracket lamp or ceiling
- electrical appliances (television, computer, stereo, air conditioner, etc.)
- furniture (sofa, armchair, cabinet, bookcase, showcase, etc.)
- cables, curtain ropes etc.
- heating tools (heater core and pipes, stove, fireplace, etc.)
- glassware
- wall-hung paintings and frames



Bathroom and Toilet

- lighting tools (lampshade, chandelier, lamp, etc.)
- glassware (shower cabin, mirror, jar, etc.)
- tiles, ceramic tiles, ceramic flooring and furnishings
- chemical cleaning products
- electrical switches, sockets

- electrical appliances and machines (washing machine, dryer, shaver, hair dryer, etc.)
- items (bathroom cabinets, organizers, etc.)
- cleaning tools
 (bucket, mop, mop, cleaning cloths, brush, broom, etc.)

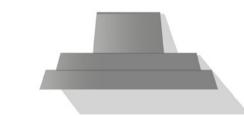
- razor blade, razor, scissors, nail clippers etc.
- cables
- cosmetics
- plastic bag
- soap, shampoo
- hot water
- solvent (thinner, kerosene, etc.)



Kitchen

- lighting tools (bulb, chandelier, ceiling/wall lamp, etc.)
- electrical switches, sockets, cables
- flooring, tiles, ceramic tiles, sink
- electrical appliances (toaster, dishwasher, refrigerator, food processor, etc.)
- items (table, chair, counter, cabinet and organizers, etc.)
- gas appliances (combi boiler, oven, cooker, bottled gas, etc.)
- heating, heating and ventilation tools (water heater, heater core and pipes, stove and pipe, hood, aspirator, etc.)
- curtains
- hot water
- food products (especially oils)
- cleaning products and tools (trash can, garbage bag, plastic/nylon bag, detergent, soap, cleaning chemicals, broom, bucket, cloth etc.)
- matches, lighters, etc.
- food/beverage preparation, cooking and serving tools (metal-based materials such as pots, ladles, forks, spoons, knives, graters, corkscrews; glass and ceramic-based materials such as glasses, plates, bowls, storage containers)

The pressure cooker should be used in accordance with its instructions. Improper food or cooking methods can cause explosions, resulting in serious injury.





Children's Room

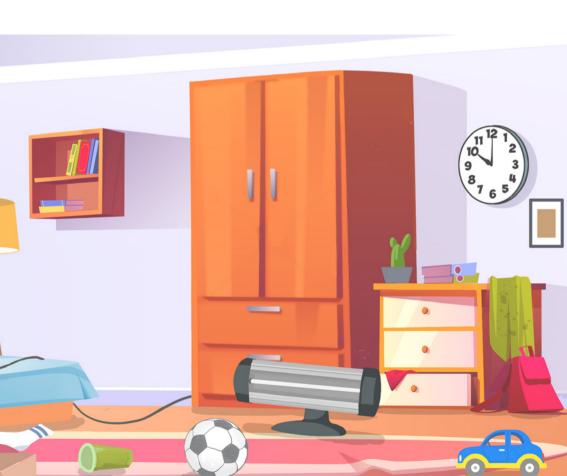
- lighting tools (lampshade, chandelier, ceiling/wall lamp, table lamp, etc.)
- wall-hung paintings and frames
- electrical switches, sockets
- electrical appliances and machines (television, computer and related devices, stereo, hair dryer and styling machines, etc.)
- electrical hobby tools, hand tools and machines

- hobby tools and equipment (cutting tools such as utility knives, scissors, scales, scissors; glue, chemical adhesives, paints, etc.)
- sewing supplies (needle, hairpin, scissors, etc.)
- furniture (mirror, bunk bed, table, wardrobe, etc.)
- houseplants
- heating tools (heater core and pipes, stove and pipes, heater, hot water bag, etc.)



- cables
- cosmetics
- toys (explosive [sparklers, cartridges, etc.], have an impact [darts, arrows, rubber bullet guns, plastic swords, etc.], battery loaded [car, doll, robot, etc.], with small parts and springs)
- wheeled tools and toys such as skate, skateboard, etc.
- curtain strings

- plastic bag
- ball
- heavy objects stacked on top of each other (library, chest, cupboard, etc.)
- bedding and its attachments (pillows, duvets, electric blankets, etc.)
- bookcase



Warehouse, Garage and Workshop

- inert items (cabinet, showcase, etc.)
- hunting equipment (cartridges, rifles, nets, gunpowder, fishing rods, hooks, etc.)
- lighting tools (lampshade, chandelier, lamp, etc.)
- garden equipment (pick, hoe, ax, rake, wire shears, etc.)
- garden and agricultural tools (sickle, waist, scythe, rake, shovel, etc.)
- horticultural remedies and pesticides
- cutting and chopping tools such as knives and saws

- paint and paint materials (oil, plastic, etc. paint types, thinner, brush, roller, spatula, etc.)
- power tools (drill, sawmill, spiral etc.)
- solvent (thinner, kerosene, etc.)
- repair and maintenance materials (auger, hammer, nail, cutter, grater, etc.)
- all electrical hobby tools
- unevenly stacked heavy objects (wood, pallets, etc.)



Falling and Collision

What Happens?

- One may fall from furniture such as tables and armchairs.
- Small children may fall from furniture such as highchairs, bassinets, and beds.
- One may fall from various parts of the house such as windows, balconies, stairs, and verandas.
- Slippery and wet surfaces may cause slipping and falling.
- One may trip over mats such as carpets, rugs, mats, runners, or an extension cord.
- One may trip over toys or other items lying on the floor and fall.

Improper transport of children, uncontrolled swinging on swings, high doorsills, and poorly lit spaces may also cause falls.

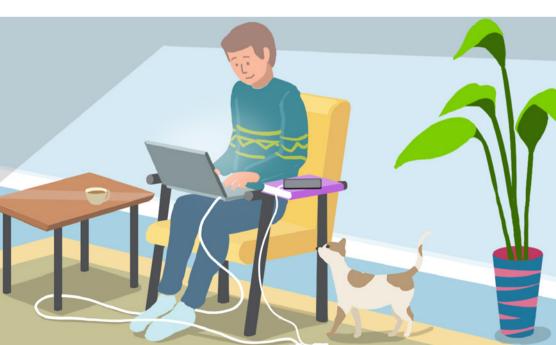


Instead of directly banning your children to protect them from accidents, explain the danger in a way they can understand and show them the safe way.

What Should and Shouldn't be Done

- In order to prevent falls from windows, do not place objects in front of them, and the windows should have locks or bars.
- There should be a barrier at the edge of the stairs and the child's bed.
- Hard corners should be protected by soft material.
- Items that may cause tripping and falling over the floor should be removed.
- Points to be especially careful for with children

- Children should be educated about home safety using age-appropriate language and concepts to effectively prevent accidents.
- To prevent carpets and mats from slipping, it is recommended to place protective materials underneath them. If they continue to slip despite these measures, it may be necessary to remove them entirely.
- It is not recommended to use external seats in bathtubs, even if they have suction cups.
- Do not leave cabinets and drawers open.
- To prevent slips and falls, it is important to clean up any spilled liquids promptly.



Fixation

To make something immovable, to s. stable it.

Although everyone can easily cope with minor injuries that are frequently encountered in daily life, the tetanus vaccination query in cuts should not be neglected. In cases where tetanus is suspected, emergency service should be applied regardless of its severity.

What To Do? What Not To Do?

If there is a scrape:

- Clean the affected area with an antiseptic solution.
- Cover the scrape with a sterile gauze pad.

In case of fracture:

- · Do not move the affected area.
- Do not attempt to reduce or realign the bone yourself.
- Identify the location and severity of the fracture.
- Keep the person warm and comfortable while seeking medical assistance.

If any of the following symptoms are observed in cases of head trauma caused by falling from a height, hitting, dashing or similar reasons – headache, drowsiness, loss of consciousness, vomiting, absent-mindedness, problems with walking or vision, or bleeding from the mouth or ears –

call emergency services.

Keep in mind that symptoms of head trauma may not appear immediately. If your child has experienced a head injury, especially infants and young children, it is recommended to contact a hospital's emergency department even if there are no visible symptoms or follow instructions by calling emergency services. Do not allow the child to sleep if they have suffered a severe blow to the head unless advised by a medical professional.

Suffocation

What Happens?

- Water in a pool, water drum, tub, or any other container can cause suffocation.
- Stoves, fireplaces, furnaces, and kitchen appliances emit smoke while operating, which can lead to poisoning and suffocation.
- Falling into a pool, pond, well, or getting trapped in a stew can result in drowning.
- Improper lying or posturing can obstruct breathing and cause suffocation.
- Swallowing or choking on an object can block the windpipe and lead to suffocation.

Children are at risk of suffocation within seconds, even if a cleaning bucket is only partially filled.



What Should and Shouldn't be Done

For the safety of small children:

- Children should never be left unsupervised or unattended.
- Plastic bags should be properly stored and kept out of reach of children.
- Ensure that all wardrobe and cabinet doors are securely closed to prevent accidents.
- Regularly check on sleeping children to ensure their safety.
- Remove any clothing with ribbons and laces before bedtime to avoid entanglement.
- Avoid using pillows for children under 1 year old to reduce risk of suffocation.
- Make sure sheets, mattresses, and blankets are properly fitted and do not pose a danger to the child whey they sleep.
- Avoid dressing children in clothes with small accessories like beads, buttons or needles.
- Pay close attention to pacifiers and toys that contain beads, as they can be a choking hazard for young children.
- Always follow age recommendations on toy.
- Keep small items like nuts, beads, jewelry, and buttons out of reach of children.

- Teach children to sit down while eating.
- Avoid giving hard foods to children and instead serve them in puree or grated form.
- Never give children hard, granular foods
- Avoid feeding children in the car and provide meals in a safe and stable environment.
- Supervise children at all times when they are near water to prevent drowning.
- Empty the tub after each use.
- After cleaning, empty any buckets filled with water and store them safely.
- Use toilet locks.

Children should be taught the emergency number and it should be written on paper and posted where the child can see it.

Choking and Heimlich Maneuver on Adults



- Stand beside or behind the patient.
- With one hand, support the patient's chest and allow them to lean forward



- Use the heel of your other hand to strike the back (between the shoulder blades) in a sweeping motion for five times.
- Check if the blockage is dislodged. If it is, stop the process.



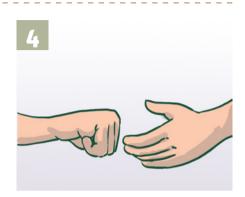
- Press into the stomach inward and upward at the same time.
- Repeat this five times until the object is removed from the airway.



- Alternate between back blows and abdominal thrusts.
- Repeat the complete sequence five times.



 If the obstruction remains lodged, perform the Heimlich maneuver.
 Stand behind the patient and you're your arms tightly around their body



Make a fist with one hand and place it under the breastbone, with your thumb at the upper part of the stomach. Grasp the fist with your other hand.



- If the patient becomes unconscious, lay them on a hard floor.
- Check their pulse and respiration by feeling their jugular vein.



- Call for medical assistance.
- Apply basic life support while waiting for medical help to arrive.

Choking and Heimlich Maneuver on Infants



Place the infant facedown on your forearm.



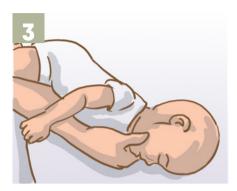
 Hold the infant's chin grasping the throat with your thumb and other fingers, and lean them forward in a prone position.



- Turn the infant over by holding their head and placing them face up on your other forearm.
- Check if the blockage has been rele.



 If the blockage persists, place the infant's head lower than their trunk.



 Ensure that their head is tautly held below the shoulders.



 Use the heel of your hand to gently thump the infant five times on their back at the middle.



 The lower part of the chest bone is pressed with two fingers five times towards the upper part of the stomach.



 Call for medical assistance. Apply basic life support while waiting for medical help to arrive.

Burns

What Happens?

- Exposure to excessive heat or radiation can damage tissues, leading to the occurrence of radiation burns.
- Scalds can result from direct contact with boiling water or steam.
- Physical burns can happen due to reasons such as exposure to heat, electricity, radiation, friction or freezing.
- Contact with chemicals can cause chemical burns.



What Should and Shouldn't be Done?

- Flammable substances should not be left unattended.
- To ensure children's safety, it is recommended to not leave them alone near heaters such as stoves and fireplaces.
- 3 Pots filled with boiling water should be placed out of reach of children and not left in a position where they can tip over.
- When consuming hot drinks, extra care should be taken to prevent accidents. It is advisable not to give hot drinks to children, and if consumed, the child should not be on one's lap while drinking to avoid burns.

- Avoid placing any objects near the stove or fireplace that may catch fire easily.
- Keep curtains and other flammable materials away from heat sources.
- Always unplug the iron after use.
- When cooking on the stove, make sure to turn pot and pan handles inward.
- Inflammable gels should not be kept near stoves, fireplaces, etc., and should not be directly applied to fires or embers, even in small quantities.



What To Do? What Not To Do?

In a minor burn case:

- Cool the affected area under running water for no longer than 15 minutes.
- After cooling the burn, cover it with a clean and non-stick dressing or cloth.
- Do not apply ice to the burned skin, as this can further damage the tissue.
- It is also important to avoid covering the burn with cotton or any fluffy materials that may stick to the wound.
- Do not touch or peel the burnt skin as this may lead to additional damage and increase the risk of infection.

In a major burn case:

- Pour cool water over the affected area until the pain subsides.
- It is crucial to remove any clothing or foreign objects near the wound.
- Avoid popping any blisters that may form and refrain from applying any ointments or creams.
- Seek medical attention as soon as possible.



Electric Shock

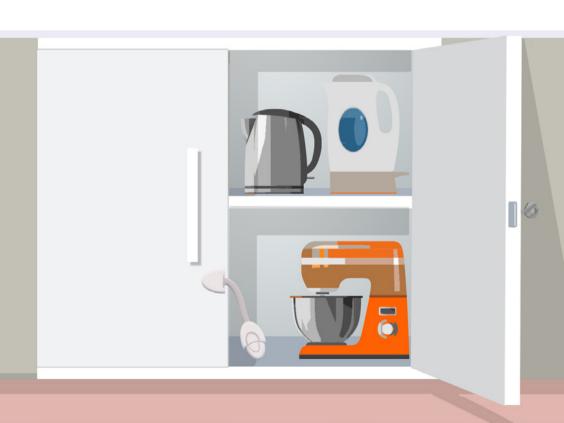
What Happens?

- Leaving power cords exposed and using damaged power tools are examples of negligence will lead to electrical accidents.
- Failure to turn off the fuse while repairing electrical appliances is an example of negligence that will result in electric shock.

What Should And Shouldn't Be Done?

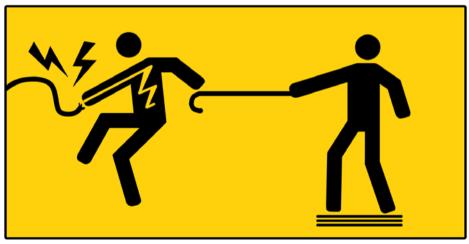
- Selectrical household appliances should be equipped with covers that are difficult to open.
- Special security locks should be utilized to protect children from accessing electrical appliances.
- Electrical appliances should always be kept out of the reach of children.
- Sharp-edged materials such as nails and screwdrivers, which can be used by children to tamper with sockets, should never be left out.

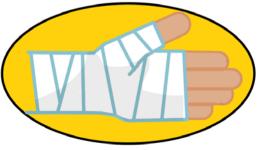
- Repair any damaged electrical cords and sock.
- Even for simple repairs such as changing a bulb, it is important to turn off the fuse.
- Old fuses should not be repaired, and experts should handle delicate repair work.



What To Do? What Not To Do?

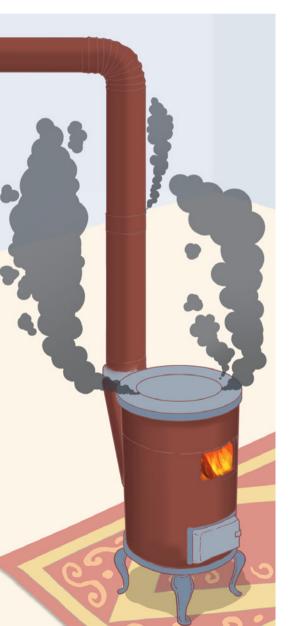
- If you see someone exposed to an electric current, the first step is to cut off the electricity from the fuse immediately!
- To pull the person away from the electric current, use a wooden stick while standing on a stack of thick wood or newspaper.
- After removing the person from the source of the electrical current, cover any wounds with a clean bandage.
- Avoid applying anything to the wound and do not peel any scabs that may have formed.
- Seek medical attention immediately by either taking the victim to a medical center or having medical teams come to the scene.





Poisoning

What Happens?



- Children may put toxic things into their mouths of curiosity and learning.
- Unknowingly taking drugs or unconsciously using them can lead to poisoning.
- Chemical-containing substances such as cleaning materials, cosmetics, paints, and agricultural and industrial products cause poisoning if improperly used.
- Some plants and animals secrete toxins that can be seriously harmful.
- Carbon monoxide leaks resulting from mistakes or negligence in using stoves, gas stoves, or water heaters also cause poisoning.

What Should and Shouldn't be Done?

- Keep medicines, cleaning materials, and insect and rat poisons out of reach by placing them in high and closed areas that are inaccessible to children.
- Avoid showing medications as candy, and make sure children understand that they are taking medication.
- If there are poisonous plants in the area, keep children away and educate them about the dangers of these plants in a way that they can understand.

- Keep cleaning materials (such as essence and detergent) in their original containers and do not transfer them to beverage bottles (like water or cola bottles).
- Dispose of expired foods and drugs immediately.



What To Do? What Not To Do?

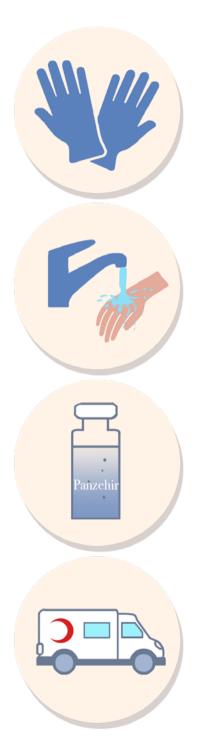
Ingestion Poisoning:

If someone has swallowed a toxic substance, do not force them to vomit or give them anything by mouth.

Dermal Poisoning:

- If someone has come into contact with a chemical that has caused burns on their skin, quickly remove the chemical from the body.
- Use a glove or plastic bag to remove clothing from the affected area.
- Rinse the burned area under running water for an extended period of time.
- 4. If the antidote for the substance that caused the burn is written on the label, wash the area with the antidote. Otherwise, use soap to clean the area.

For all types of poisoning, seek medical attention as soon as possible. Provide detailed information to the healthcare provider about the type of toxic substance, drugs present in the home, the patient's drug history, and the time when the patient was found.



Button Cell Batteries



Button cell batteries are a growing concern as the number of technological devices in the home increases. They may look harmless, but they can cause injury or death, especially in children who are more likely to swallow or insert them into their nose or ear.

The battery inserted into the esophagus can react with saliva and trigger an electric current, causing serious damage. It is crucial to keep button cell batteries out of reach of children and store them in boxes that cannot be opened.

If your child swallows a battery, it is essential to seek immediate medical attention.

Symptoms such as drooling, abdominal pain, loss of appetite, and sudden crying can be confused with other diseases. Do not attempt to remove the battery, give food or drink, or make your child vomit. Instead, take your child to the emergency room and bring the battery or the box that it came in.

Prevention is the best way to avoid accidents involving button batteries, so always keep an eye on your child and never leave them unattended.



Chemicals are a part of our daily routine, whether we realize it or not. From maintaining the freshness of our food to cleaning and personal care, chemicals play a role in many aspects of our lives. However, not all chemicals are created equal, and their potential harm depends on several factors such as the amount of use, duration, content, and interaction with other chemicals.

Exposure to chemicals occur through three pathways: inhalation, ingestion, and contact. Exposure to chemical gases after cleaning is an example of inhalation, while eating spoiled food or swallowing chemicals is an example of ingestion. Contact with contaminated objects or chemicals is also a form of exposure.

Remember, you may be exposed to chemicals, even if you haven't seen anything unusual or noticed a smell.

While some may believe that chemicals are only found in factories and laboratories, the truth is that they are ubiquitous in our daily lives. From the cleaning products we use in our kitchens to the prescription medications in our cabinets, chemicals are all around us – even in our basements and garages.

Unfortunately, many chemical accidents happen at home, but the good news is that taking precautions can significantly reduce the risk of harm.

Accident Agents

ADHESIVES AND GLUE

Solvent-based adhesives labeled as 'flammable,' 'easily ignited,' or 'contains petroleum distillates' are the most hazardous products. These adhesives can be flammable, explosive, irritating, and damaging to the lungs, skin, and eyes. It is important to remove contact lenses before using solvent-based adhesives. To reduce exposure to harmful chemicals, opt for white, stick, or yellow adhesives, if possible. After use, tightly close the lid and store the adhesive in a secure location away from fire and out of children's reach.

HAIR DYE

Hair dye vapors can irritate eyes and lungs, while ingestion is dangerous. Low-chemical or organic products are safer options to minimize health risks.

HAIR GEL

Overuse of hair gel can cause skin rashes and capillary bleeding.

HAIR SPRAY

Overuse of hair spray can cause lung and kidney disorders.

NAIL POLISH AND NAIL POLISH REMOVERS

Nail polish and removers are flammable and emit harmful fumes that can irritate the skin and respiratory system. Especially pregnant women should avoid them, but using toluene-free polishes is less risky. Safe alternatives are recommended for nail care.

DETERGENTS

Detergents are obtained from petroleum derivates and has cleaning properties. It is a purifying substance available in the form of powder, liquid, or cream. It can be irritating, so it should be avoided from ingestion and direct contact with skin or eyes.



BATTERIES

Due to containing toxic heavy metals like mercury, if burned or stored with other wastes in landfill areas, batteries can cause water and air pollution. It should be stored away from heat sources. When exposed to high temperatures or burned, batteries can explode.

Waste batteries should not be thrown in the regular trash; they should be taken to designated waste battery collection points. Rechargeable batteries should be preferred.

AIR FRESHENERS

Air freshners can cause severe damage to the lungs if inhaled for extended periods. Solid-state air purifiers, in particular, pose a risk to children and pets who may accidentally ingest them. Instead of relying on these artificial methods, it is better to promote natural ventilation by opening doors and windows. This helps to circulate fresh air and eliminate stale odors and pollutants without compromising the health and safety of your loved ones.



MOTH REPELLENTS

The vapor of this substance can be particularly harmful if inhaled over an extended period, as it can lead to irritation of the liver, nose, respiratory tract, and throat. Individuals with allergies should exercise caution when handling this substance. These volatile solids are commonly used for moth control due to their potent chemical properties, causing them to have a distinct scent. While they may resemble sugar in appearance, it is important to note that ingestion of these solids can result in poisoning and should be avoided at all costs.

FALSE

If a product has been promoted on TV and on social media and is available in supermarkets, it is likely tested and safe

TRUTH

Although products are tested by companies or authorities, these tests are not absolutely error-free. Some chemicals may show their effects over a long period of time, and the full extent of their potential toxicity may not be immediately apparent. In fact, the pharmaceutical industry has many examples of companies that only discovered their products were toxic and dangerous after they had already released them for sale.

DISINFECTANT

The substances that have microbe-killing properties are bleach, rubbing alcohol and cologne. These can be irritating and flammable, and can cause tissue damage. They should not be consumed excessively and must be used with care if necessary. Their fumes should not be inhaled, and skin and eyes should be protected from contact.

OVEN CLEANERS

Oven cleaners are harmful to the skin, eyes, and internal organs and can cause tissue damage. Oven cleaners should be used with gloves. After use, ensure proper ventilation of the area.

Avoid using spray can cleaners, especially in tube form.

For cleaning, baking soda, steel wool, or salt can be preferred. If the oven's dirt is dry, it can be cleaned with a bit of water and salt.

Before cleaning the oven, the cleaning cloth can be soaked in vinegar-water solution to facilitate the removal of oils.

Chemical Intoxication

Poisoning from chemical substances can cause a variety of symptoms, which may occur due to swallowing, inhalation or contact with the skin. These symptoms include:

- Difficulty in breathing
- Changes in skin color
- Headache or blurred vision
- Dizziness
- Irritated eyes, skin, throat
- Shock symptoms
- Discomfort or lack of coordination
- Stomach cramps or diarrhea
- Redness, burning and swelling around the lips and mouth, Spread of chemical smell from the person (such as paint, gasoline)

If you come across a situation that may involve a chemical threat or encounter someone who has been exposed to harmful chemicals, the most important thing is to take precautions to protect yourself from exposure. Remember: If you become injured, poisoned, or unconscious, you will not be able to help others.

Chemical exposure can be a lifethreatening emergency. If you find yourself in such a situation:

- Immediately call emergency services or instruct someone nearby to call for medical attention
- 2. Provide the operator with the location of the emergency
- Explain the nature of the exposure, including what chemical was involved, how many people were affected, and any actions that have been taken to address the situation.
- 4. Stay on the line until the operator instructs you to hang up.
 - If you have received training in first aid and are confident that you are not in danger, start by assessing the severity of the injuries. Begin with any potentially life-threatening injuries before addressing less serious ones. However, if you lack knowledge and experience in administering aid or interventions to conscious individuals, avoid intervening.

If you think you have been exposed to a toxic chemical, **call emergency services**.

CHILDREN AND POISONING

Young children are particularly vulnerable to accidental poisoning caused by consuming drugs, chemicals, or their derivatives. To prevent such incidents, it is recommended that hazardous substances be kept out of sight and out of reach of children. This simple step can eliminate up to 75 percent of all poisoning cases in young children. It is important to keep all types of medicines, food supplements, cosmetics, cleaning agents, and household chemicals safely stored away from children. If a child does come in contact with a chemical substance. whether by swallowing, inhaling, or touching it, it is crucial to call emergency services and follow their instructions carefully.



First Aid Treatment for Chemical Burns

A chemical burn can range from mild to life-threatening, and the severity of damage and risk of infection can be reduced through correct treatment.

If you experience a chemical burn, immediately call your local emergency number and clearly state the situation while following their instructions.

If medical assistance is not immediately available:

- Firstly, remove any contaminated clothing or accessories, being careful not to injure yourself in the process. If all clothing is contaminated, carefully remove them from head to toe.
- Be cautious not to let contaminated clothing come into contact with your skin, and place them in a plastic bag to prevent further contamination to others.
- Use plenty of water to rinse the affected area until medical help arrives. A long shower may help to wash off the chemical faster, diluting it to prevent further harm.
- 4. For eye burns, remove any contact lenses and use the same treatment as for skin burns.

- Loosely cover the injured area with a dry, sterile or clean cloth to avoid sticking to the wound. Do not apply any ointments or medications to the wound.
- Once you have taken these steps, change into clean clothes and seek immediate medical attention.



Chemical contamination

The state of being contaminated with any chemical substance.

If the person's exposure to the chemical is on the face, neck, or shoulder, ask the person to close his/her eyes before cleaning the substance.

FALSE

You can be posioned by only swallowing a product.

TRUTH

Skin contact with a chemical substance can also lead to poisoning. Skin is a living organ. It can absorb a wide variety of substances and transfer them into the bloodstream. The route of chemical absorption through the skin is generally faster and more deadly compared to when the substance is taken orally. The digestive system, which has a strong acid barrier, can help filter out many deadly toxins. However, the skin route does not have the barrier in the digestive system to filter out toxins. Especially chemicals in nano particle structure can penetrate the skin more quickly; directly enter the bloodstream and lympthatic system.



Essential Precautions to Ensure Chemical Safety

Improper use, storage, or disposal of chemical household products can lead to accidents.

One of the most critical precautions is to never mix different household chemicals When certain compounds in these products, like bleach and ammonia, are combined, they can produce harmful gases. It is important to note that bleach should never be mixed with alcohol, ammonia, vinegar or other detergents. Similarly, vinegar should not be mixed with baking soda or hydrogen peroxide.

Another crucial step in prevent chemical accidents is to carefully read and follow the instructions provided with each product. Some chemicals are dangerous to inhale and should not be used in confined spaces without proper ventilation. Additionally, some products may require the use of gloves and eye protection to prevent contact with your skin and eyes.

Proper storage of chemical products is crucial for the safety of both you and your family. It is recommended to store these products in their original containers, ensuring that they are tightly sealed, which allows for easy identification of each product and ensures proper usage.

➤ In order to prevent chemical accidents in the home, the following rules should be applied for flammable liquids.

LIMIT

Have them in a limited amount.

ISOLATE

Keep them in closed storage containers. Keep these containers in closed cabinets as well.

DESTROY

Dispose of useless materials properly.

Separate

Do not keep hazardous materials together. Be sure to read and follow the instructions for use of chemicals!

Additionally, it is important to exercise caution when using household chemicals. Smoking should be avoided during use, and hairspray, cleaning solutions, dye products, or pesticides should not be used near an open flame, burning candle, fireplace, wood stove, or any other potential source of ignition. Even though these particles may not be visible or detectable by scent, they can still pose a serious fire hazard if ignited.

In case of a chemical spill, it is crucial to act quickly to prevent any harm. Use a few wipes to clean up the spill right away, ensuring that you protect your skin and eyes during the process. After cleaning the area, fan the affected wipes and wrap them in a newspaper before placing them in a plastic bag. Tie the bag tightly and dispose of it appropriately.



Purchase a fire extinguisher labeled for Class A, B, and C fires if you don't already have one.

Class A Fires:

These involve ordinary combustible materials such as paper, cloth, wood, rubber, and many plastics.

Class B Fires:

These involve flammable liquids like oils and gasoline, as well as flammable gases like propane and butane. These fuels burn only at the surface because oxygen cannot penetrate deep into the liquid. When these fuels are ignited, their vapors burn, not themselves.

Class C Fires:

These involve energized electrical equipment like wiring and motors. It is important to turn off/cut the electricity before using a Class A fire response to address the fire.

Class D Fires:

These involve combustible metals like aluminum, magnesium, and titanium.

Class K Fires:

These involve cooking oils like vegetable oils, animal fats, and fats.

If you need to dispose of leftover chemicals, make sure you do so correctly. Disposing of the wrong chemicals can be hazardous to you, your family, and others.

Proper disposal of chemical products is also vital to safeguard the environment, especially water resources and wildfire. Recycling some products can also help protect our surroundings.

To dispose of household chemicals safely, you can take them to local hazardous waste collection facilities These facilities accept various types of household chemicals, including pesticides, fertilizers, household cleaners, oil-based paints, drain and pool cleaners, antifreeze, and brake fluid. If you are unsure about how to dispose of a particular chemical, contact the facility, your local government or ministry.



Family Disaster Plan

The Family Disaster Plan should encompass precautions against potential emergencies and appropriate behavior patterns to follow in order to be well-prepared for any disaster situation. It is important to consider the causes of home accidents, as well as the necessary measures to take during or independently of a disaster, and incorporate these into the plan. Updating the Family Disaster Plan accordingly will ensure that it remains relevant and effective in helping to prevent or mitigate any potential risks to the household.

Having a Family Disaster Plan will help family members stay calm in emergencies. The plan should include what task each family member is responsible for in an

emergency, where supplies are kept, where family members will go if they are evacuated, and where everyone will meet when the disaster is over.

Planning "beforehand" can save the lives of people you love.



Available # Unavailable

It is important to be aware of the risks associated with certain chemicals commonly found in households. Please tick the chemicals you have at home from the table below. Additionally, please take some time to research and learn about three different chemicals that you use at home but are not listed here. Write down their names and associated risks in the space provided.

CHEMICAL	RISKS
Detergent	Irritant
Sanitizer	Irritant, flammable, tissue damage (in case of excessive use)
Oven Cleaner	Tissue damage
Air Freshener	Lung damage (due to prolonged inhalation)
Nail polish, Nail polish remover	Irritant
Hair Dye	Eye and lung irritation
Hair Dye	Eye and lung irritation
 Hair Dye	Eye and lung irritation
Hair Dye	Eye and lung irritation
Hair Dye	Eye and lung irritation
Hair Dye	Eye and lung irritation

True or False?

Indicate whether the following statements about the use of detergents and other cleaning materials are true (T) or false (F), based on the information provided in the table.

		D/Y
1	Chemical cleaning products must be used for cleaning.	
2	The effectiveness of cleaning is directly proportional to the amount of detergents and cleaning materials used.	
3	Store detergents and other cleaning materials separately.	
4	Using a combination of different cleaning materials mixed together in a bucket is necessary to thoroughly disinfect the house from all germs.	
5	It is also possible to clean the oven by using vinegar water.	
6	Eye contact with detergents should be avoided.	
7	Once the cleaning is finished, it is important to ensure that all doors and windows are tightly closed to contain any lingering cleaning odors.	
8	Hands are washed with bleach to ensure better hygiene.	
9	Children should also be allowed to play with detergent water to raise awareness about cleanliness.	
10	Excessive use and inhalation of cleaning materials should be avoided.	

What Does it Contain?

Examine the labels of your cleaning products with your family, classify them by danger and misuse, then share the correct information to promote safer use.

INSTRUCTIONS FOR USE:	
	US
	DANGER
	5 Kg



When You Need to Take Action!

List the home accidents that have happened to you and your family so far. Consider the reasons for these accidents and think about how you can prevent them. Place all the information in a table and list the actions to be taken in case of an accident...

Home accident			 	
Reason				
Precautions to be Taken Before				
What to do after		 	 	

Test Yourself!

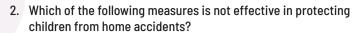
1. Out of the following options, which is least likely to experience a household accident?











- a. Encouraging children to sit down while eating
- b. Allowing children to play with water unsupervised as a means of calming down
- c. Removing small pieces of objects from their reach and out of sight
- d. Keeping closet doors closed

3. Which of the following matches between types of accidents and precautions is correct?

- a. Storing cleaning supplies in their own container Suffocation
- b. Fixing mats to prevent slipping Falling
- c. Turning the handle of a pan on the stove Burning
- d. Turning off the fuse when changing a lightbulb Electric Shock

4. What is the safe way to use household cleaners?

- a. Always read the label before using
- b. Do not mix different cleaners together
- c. Consider dividing the clear into smaller portions and diluting it in water as needed
- d. Use the recommended amount of cleanser without overusing it

5. Which of these risks are associated with hazardous cleaners?

- a. Skin irritation
- b. Harmful if ingested
- c. Causes dizziness when used in an unventilated area
- d. All of the above

6. If you come across which of the following, you can confidently choose that product?

- a. Attention!
- b. Warning!
- c. Danger!
- d. No alert titles or content



- 7. What is the appropriate amount to purchase when buying a dangerous chemical like a pesticide?
 - a. As much as I can afford
 - b. Just what I need
 - c. Twice as much as I need, so I would have some left over for later
 - d. None of the above
- 8. What is the most suitable method for storing hazardous chemicals at home?
 - a. In their original packaging and in a secure location
 - b. In a spare box or container with an airtight lid
 - c. In a cleaned, previously used jar
 - d. In an open glass, metal, or plastic conta
- 9. Chemical use should be stopped when which of the following occurs?
 - a. dizziness
 - b. nausea
 - c. headache
 - d. Any of the above
- 10. What is the safest approach to dispose of hazardous chemicals used at home?
 - a. To seal them in a container and throw them in the trash
 - b. To carefully pour out the chemical
 - c. To refer to the manufacturer's disposal guidelines
 - d. To bury them in the garden

Hazardous Chemical Substance Symbols



The symbol on the label of chemical substances that can detonate due to heat, sparks, friction, impact, or hitting signifies their **explosive** nature.

These chemicals must be handled by experts and kept away from open flames.



The label of any substance that can potentially cause cancer, respiratory diseases, harm to a pregnant person or unborn baby, or lead to genetic defects is marked with this symbol.

This symbol serves as a warning sign and indicates substances that can cause respiratory, reproductive, or organ toxicity, pose chronic and long-term **health hazards**, and have carcinogenic effects.

It is highly recommended to avoid swallowing and inhaling such substances and ensure that the surfaces in contact are thoroughly cleaned after use. Additionally, individuals with certain medical conditions should stay away from these substances to prevent adverse health effects.



The symbol is commonly found on the labels of various chemicals, especially pesticides. This symbol serves as a warning sign and indicates that these chemicals can have long-lasting harmful effects when exposed to air, water, and soil.

Proper disposal methods should be followed for after-use wastes of such chemicals. They must never be thrown into nature, poured down the sink or disposed of haphazardly. Instead, they should be properly disposed of in designated chemical waste bottles.

This ensures that the **environment** and individuals' health are protected from potential harm caused by these chemicals.



The symbol in question is commonly found on the labels of substances like hydrogen sulfide and ethyleneamine, as well as certain factory wastes.

It serves as an indicator for **toxic** chemicals that can result in severe harm or death through inhalation, ingestion, or contact with the substance.

It is crucial to take the necessary precautions when working with these substances and ensure that appropriate safety measures are in place to prevent accidental exposure.





This symbol is affixed onto the labels of certain substances, including sodium hydroxide, sulfuric acid, hydrofluoric acid, and phenol.

It serves as an indicator for chemicals that possess **corrosive** properties towards metals and can cause skin abrasions, burns or eye damage upon contact.

It is crucial to exercise extreme caution when working with these substances, and protective clothing that can prevent direct contact should be used at all times.



This symbol finds its place on the packaging of various substances, including sodium hypochlorite (bleach), ethyl alcohol, and numerous household cleaning products.

Substances that bear this symbol are called **irritants** as they can cause health issues such as poisoning, drowsiness, or respiratory problems when they come in contact with the skin, are inhaled, or swallowed.

To ensure safety, it is recommended to wear goggles, gloves, and aprons while handling these substances. Adequate ventilation should also be maintained during usage. In case of contact, it is vital to wash the affected skin are with plenty of water.



This symbol is affixed onto the packaging of certain compounds such as oxygen, chlorine, nitric acid and hydrogen peroxide.

It serves as an indicator for chemicals that possess **oxidizing** properties; these substances can intensify combustion and cause fires to burn for prolonged durations at higher temperatures.

It is imperative to exercise caution when handling oxidizers, and they must not come into contact with combustible materials like paper or wood.

To ensure adequate precautionary measures, it is advisable to wear protective gear such as goggles, gloves, and aprons while dealing with oxidizing agents.





The symbol on chemical labels for liquids containing alcohol, acetone, and similar substances denotes their **flammable** and combustible nature.

Such chemicals can ignite spontaneously when in contact with air or water. Direct skin and eye contact must be avoided, and the chemicals should be kept away from heat, fire, and sparks.

During usage, protective equipment such as googles, gloves, and aprons must be worn to prevent accidents.

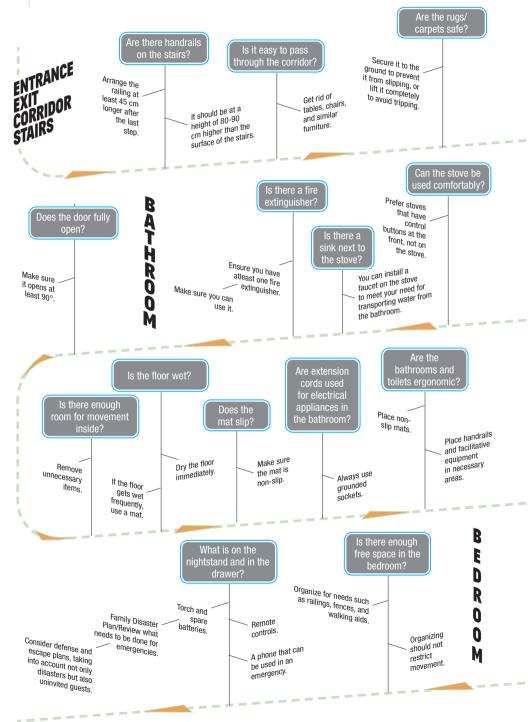


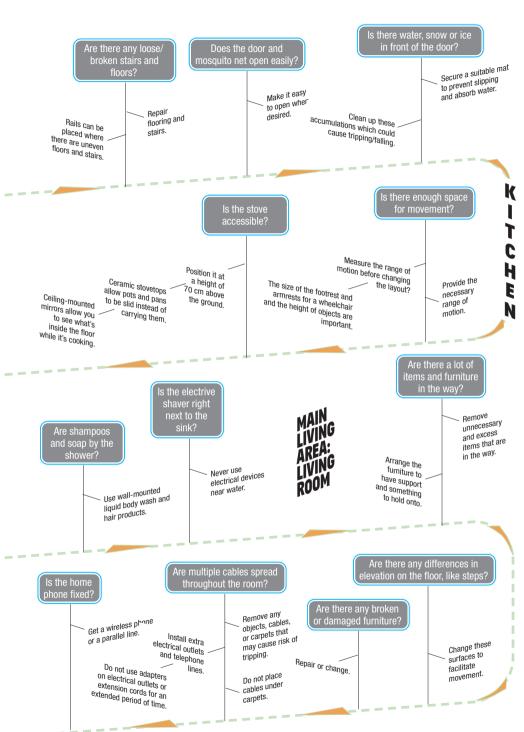
The label bearing this symbol is typically affixed onto containers storing compressed gases, including ammonia or liquid nitrogen.

It serves as an indicator for chemicals that are commonly used in medical and scientific settings, and that contain **gas** capable of causing cryogenic burns and explosions when heated.

Careful handling is imperative while working with these chemicals, and they must be stored away from direct sunlight and other sources of heat.

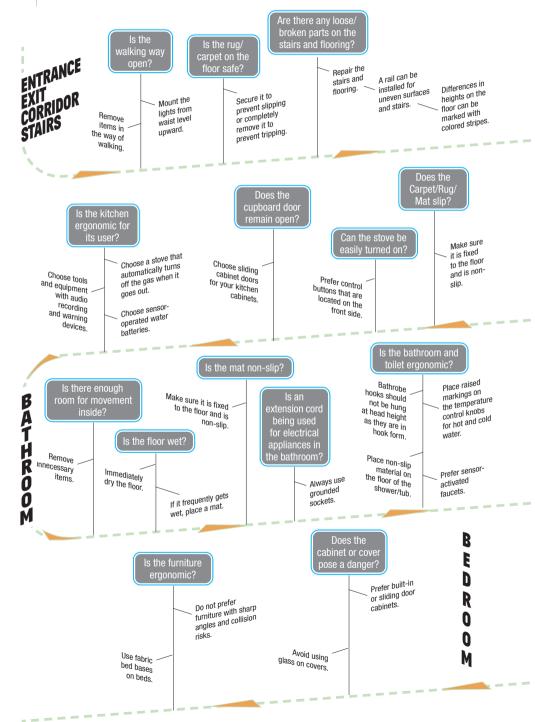
WALKING BARRIERS

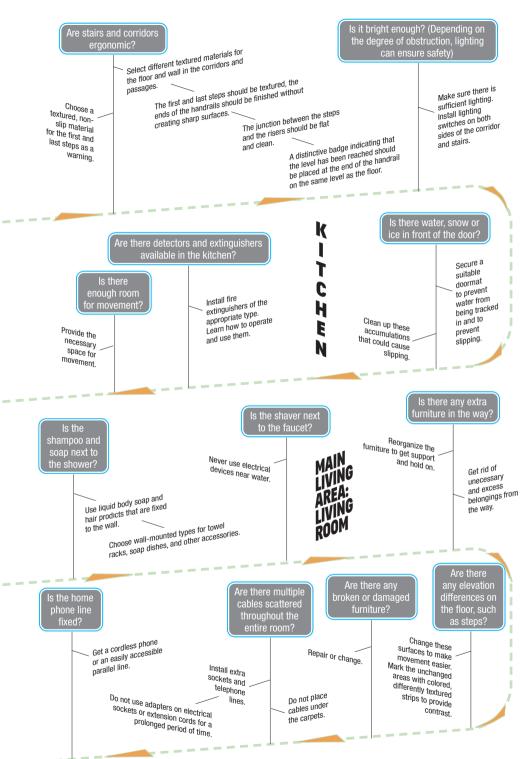






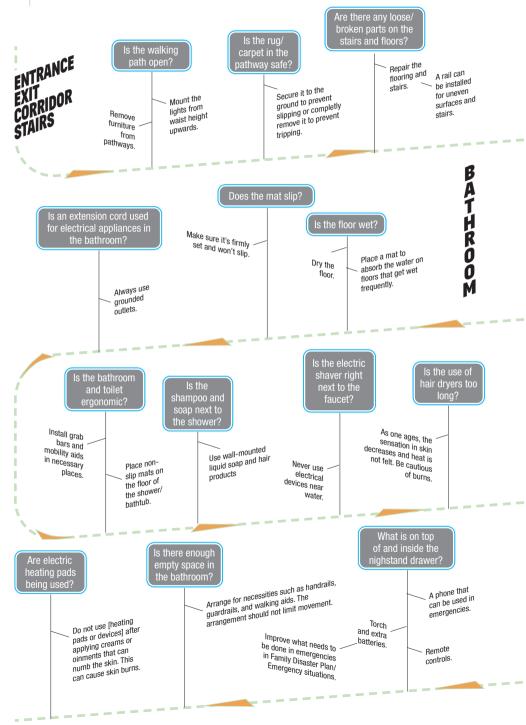
SIGHT BARRIERS

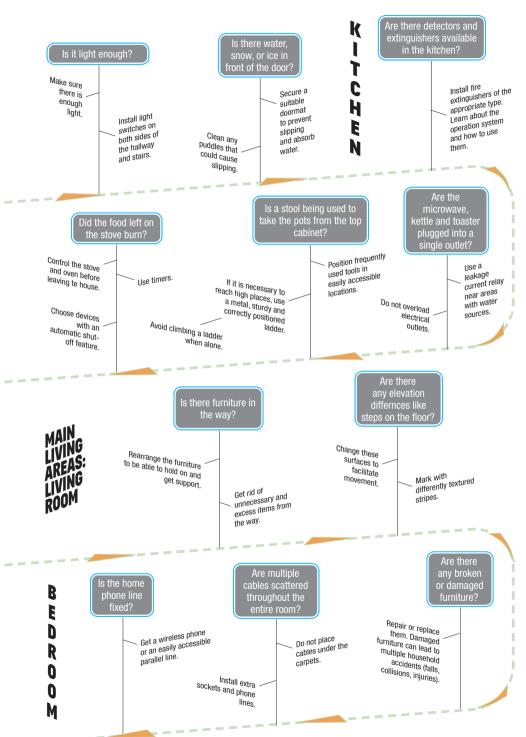






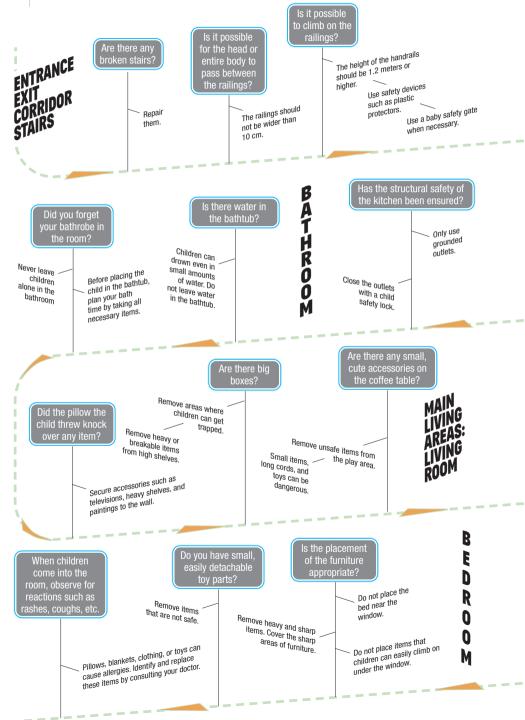
ELDERLY PEOPLE

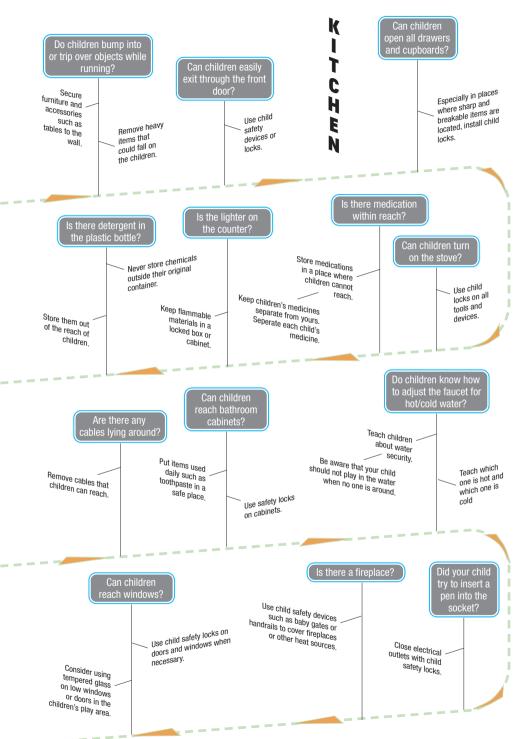




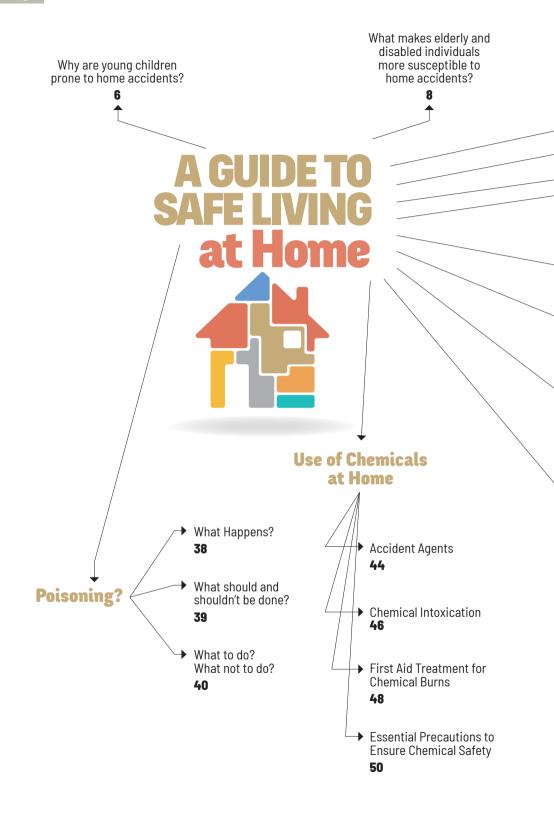


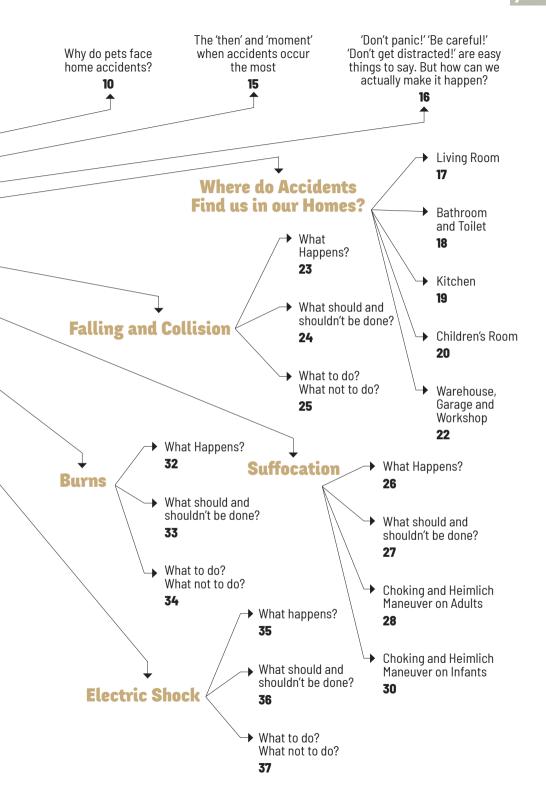
CHILDREN











accident threats for children 6, 7 accident threats for people with disabilities 8 accident threats for pets 10 accident threats for the elderly 8 accidents

hurns 32, 33, 40, 48, 60-1 chemical burn 32, 48 contact 32, 43-9, 50, 60-1 electric shock 13, 35 explosion 19, 61 falling 23-6, 63 hitting 25, 60 inhalation 43, 46, 60 poisoning 26, 38, 40, 45-7, 49.61

scald 32 slipping 8, 13, 23-4, 62-7 suffocation 26-7 swallowing 26, 43, 46-7, 49.60

chemical accident agents adhesive 20.44 air freshener 45 battery 21, 41, 44 button cell battery 41 chemical substances 46-7,

r

49,60 detergent 10, 19, 39, 44, 50.69 disinfectant 45 alue 20, 44

hair dve 44 hair del 44 hair spray 44 moth repellent 45 nail nolish 44 nail polish remover 44 oven cleaner 45 chemical intoxication 46 chemicals at home 42

domestic accident places bathroom 8, 18, 62, 64, 66, 68-9 children's room 20 garage 5, 22, 43 kitchen 11, 13, 19, 26, 43, 64-5, 67-8

living room 13,17, 63, 65, 67-8 toilet 8, 18, 27, 62, 64, 66 warehouse 5, 22 workshop 22

emergency number 27, 29, 31, 48 family disaster plan 53, 62, 66 first aid 46, 48

heimlich maneuver 28-9, 30-1

essential precautions to ensure chemical safety 50

This book, titled 'A Guide to Safe Living at Home, by Nilgün Yayuz is the seventeenth published book by Kızılay Culture and Arts Publications. The book was first released in 2023 as the first volume in the Resilience series, dedicated to providing individuals and society with preparedness skills for various threats caused by humans or nature. The purpose of this series is to equip readers with the ability to withstand sudden negative events and emergencies, manage them effectively, and develop recovery skills. The book had a circulation of 200 copies and was published in Istanbul.

Nilgün Yavuz was entrusted with the responsibility of implementing a crucial advisory decision by Dr. Ibrahim Altan, Prof. Mikdat Kadıoğlu and Dr. Kerem Kınık, which involved preparing a book series related to community-based resilience development studies. With meticulous attention to detail, Nilgün Yavuz carried out a comprehensive literature review, resulting in a framework for the books to be included in the series and their contents, ensuring that the project was executed effectively and efficiently.

The task of preparing the resilience series was entrusted to the Turkish Red Crescent Academy Presidency by the Turkish Red Crescent Board of Directors. The TRC Academy is responsible for conducting research, publishing, and providing education in various sub-fields of humanitarian aid, such as disaster and emergency preparedness, individual and social resilience, and other related areas, while adhering to a scientific approach and meeting national and international standards.

The initial book of the series, which focused on Safe Living at Home, integrated the complementary elements of Kızılay training provided by the Turkish Red Crescent Academy in the context of community-based resilience development studies. Nilgün Yavuz, who spearheaded the project, drafted the text for the book, which was then presented in an online panel attended by TRC Academy specialists including Ahmet Aldanmaz, Serap Arslan Tomas, Çağrı Çakır, Muhammed Burkay Durak, Belgin Duruyürek, Zahide Ekmekci, Fatma Ekşioğlu, Şahin Erden, Gökçe Eser, Hafize Zehra Kavak, Eslem Kösebalaban, Seher Kuş, Nurgül Poyraz, Serpil Uygun Çiçek, Ebru Uz, Meryem Esra Varol, Esma Yanar Kök, Fatma Sena Yasan, and Nil Yıldırım Kubat, who shared their insights. With the feedback received from the panel and the consultancy of Alpaslan Durmus and Gökçe Eser, Nilgün Yavuz worked on and finalized the text. The book's cover and design were crafted by Nevzat Onaran, while Yahya Alakay provided illustrations. After receiving feedback and review from Dr. Kurtulus Acıksarı, the book's text reached its final form. Deepest thanks to Ayşegül Üstün and Serife Neslihan Uçar for the translation of this book from Turkish to English.

Many thanks to the contributions of everyone involved.



To support the resilience of society fundamentally, we need to start with individuals and households. Although it is always associated with disasters, in order to develop resilience, we must first take control of normal routines, and not only that, we must make the controls we do in ordinary situations a habit and turn them into a skill.

In our homes, where we perform our daily habits, our behavior can have positive or negative consequences. Safe behavior brings a safe life, while careless behavior can lead to accidents.

After looking at where, how, and to whom home accidents occur in this book, we will explore the paths that deviate from these accidents and learn how to overcome any accidents we may face despite all the precautions we take. Thus, the resilience we develop through the knowledge and skills we acquire will create a foundation for us to cope with extraordinary situations as part of the normal flow of our lives.











