

# SAFETY SENSE

## Safeguarding Your Family And Your Home

(NAPSA)—According to Yale Medical Group, about 45 percent of unintentional injuries occur in or around the home. But Debra Holtzman, an acclaimed safety expert and author of the best-selling book “The Safe Baby: A Do-It-Yourself Guide to Home Safety,” says you don’t have to be a statistic.

“Simple steps can help keep families safe,” says Holtzman, who’s appeared on the “Today” show, “Dateline NBC” and Martha Stewart Living Radio. “The key is to plan ahead and be prepared for emergencies.”

While some of her tips may be familiar—multipurpose fire extinguishers, for example, should be on hand in the kitchen, basement and workshop area—others help protect against household hazards that aren’t as obvious but are just as dangerous.

### Healthy Idea

If you haven’t done so already, assemble a first-aid kit. Essentials include latex gloves, antiseptic wipes and bandages like you’ll find in the Nexcare Variety Pack. The pack includes a selection of breathable, durable bandages for different activities and with a diamond-shaped, 360-degree adhesive seal that keeps out dirt and germs. Another useful Holtzman suggestion: Everyone in the family should take a first-aid and CPR class.

### Smart Phones

Yes, people are cutting back, but one thing you shouldn’t skimp on is a regular hardwired phone that plugs into a phone jack—as opposed to relying exclusively on a cell phone or portable one. Hardwired phones get their power from the phone company and—unlike



Photo: Michelle Kawka

**Being prepared for emergencies can help keep you and your family from becoming a statistic.**

the others—often work during power outages. You might also post a list of emergency numbers, including out-of-town friends and relatives, since it’s often easier to connect with a long-distance number outside the emergency area than a local number within it.

### Caution In The Kitchen

Just like your favorite dish, a safe kitchen requires the right ingredients and steps. Store knives and other sharp utensils in drawers or cabinets secured with safety latches to keep hands from accidentally landing on a blade. Keep your fresh fruit and veggies free from disease-causing bacteria by washing them thoroughly even when the package says the produce has already been rinsed. Keep Nexcare Waterproof Clear bandages near the kitchen sink. These ultrathin waterproof bandages keep water out and stay on when washing produce, dishes and hands.

For more information, visit [www.nexcare.com](http://www.nexcare.com).