

7 Ways To Make Your Home A Safe-Zone For You And Your Child

Every year in Ontario close to 110 kids under 15 end up in the emergency department because of an electrical injury.¹ More than half are under the age of five.



THE GOOD NEWS: ALL ELECTRICAL SHOCKS ARE PREVENTABLE

While electricity is a necessity of everyday living, we can teach our children about the dangers of electricity and help prevent shocks and burns by doing these simple home fixes:

- 1 If an outlet has a missing or broken cover plate, replace it** immediately. Outlet covers create a barrier between children and exposed wires.
- 2 Install tamper-resistant (TR) receptacles to protect younger children from shocks.** They have special shutters that cover the plug slots and help prevent little fingers or objects from going into the outlet.
- 3 Keep cords away from little hands and mouths.** Small kids often want to explore new things by putting them in their mouths.
- 4 Teach older children how to plug in and unplug safely.** Never overload outlets by plugging in too many cords. Use an approved power bar that has surge protection. When it's time to unplug, don't yank cords from the wall. This can damage the appliance, the cord and the outlet.
- 5 If a cord is frayed, replace it.** Tape won't protect from a shock. Extension cords – which should only be used temporarily – are prone to cracking and fraying, which can lead to a shock or fire.
- 6 Water and electricity can be a lethal mix. Install Ground Fault Circuit Interrupters (GFCIs)** – the ones with the reset button – in any room with water (i.e. bathrooms, kitchens and laundry rooms or outdoors) to help protect from a shock.
- 7 If you have electrical work that needs to be done in your home, hire only a Licensed Electrical Contractor for the work.**

If you or someone you know receives a shock, seek medical attention.

¹Ontario Electrical Safety Report.