



Home Safety

with **Balfour Beatty**
Communities

Bedroom Safety

Everyone knows that this is the one room in the house where we will spend most of our time during our life, and I'm sure you have made it as comfortable as you can. Is it important to remove all dangers that could be keeping you from a safe, sound, and restful sleep.

REDUCE RISK—Lower the odds of accidents by taking these preventative measures:

- Be sure electrical outlets are not overloaded. Use certified GFI/Fused power cords.
- Do not allow children to jump on the bed.
- Keep children from playing under beds.
- If you use electrical space heaters, place them at least three feet away from anything that can burn. Turn them off when you leave the room or go to sleep.
- Only light candles when an adult is in the room. Blow them out if you leave the room or go to sleep. For a best practice, choose battery-operated flameless candles instead.
- Keep all lighters and matches locked away and out of the reach of children.
- If you smoke, do so outside. Empty ashtrays into the trash often, dousing them with water first.

SMOKE ALARMS—Smoke alarms are your family's early warning system that cut the risk of fire-related fatalities almost in half:

- Installed smoke alarms will be in BBC homes on every level and usually inside every bedroom.
- Test alarms monthly to make sure they are working properly and install fresh batteries at least once a year. Choose a brand you can trust. Many fire departments suggest individuals change their smoke detector batteries when they change their clocks.
- If your alarms are ten years old or more, replace them.
- Sleeping children may not wake up to the sound of a smoke alarm. Expose them to the sound so they will know to respond to it. Assign an adult to help children escape in a fire.

PLAN AN ESCAPE—Develop a fire escape plan for your family:

- Make a map of your home and try to identify two exits from every room.
- Choose a safe spot just outside the home (e.g. a tree in front of your house) where the family will meet after escaping.
- Hold a family fire drill at least twice each year, including one at night.
- If your home has second- or third-story bedrooms, make sure you have a safe alternative exit.