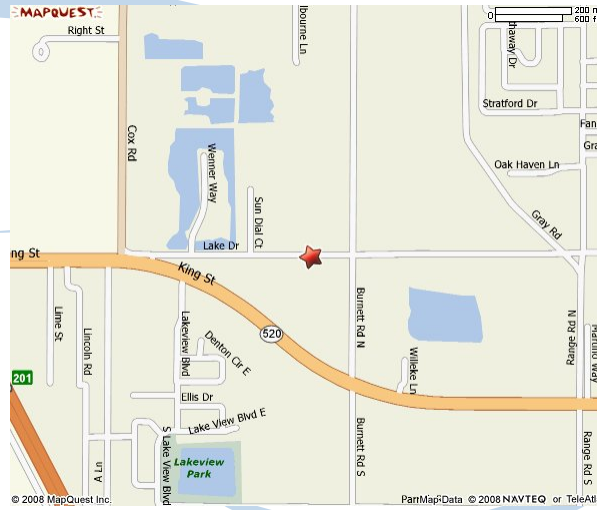


Home Safe Home Class Schedule

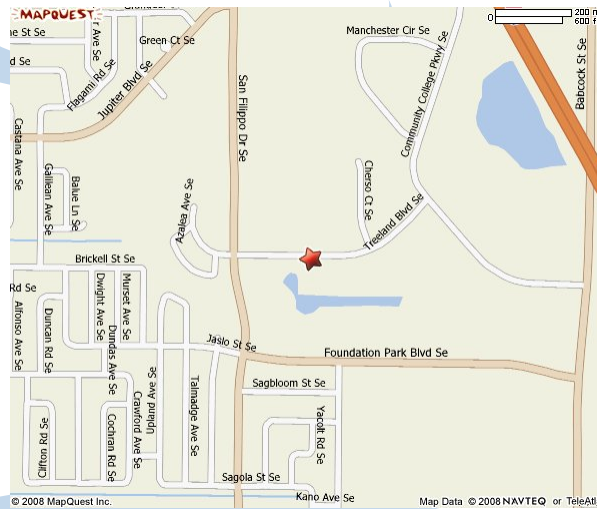
Learning the most common and effective ways to protect yourself, your home and your family is simple.

The University of Florida—Brevard County Extension office offers home safety classes at our two convenient locations.

Call either of our offices for class times, locations, and to pre-register. The cost to attend the *Home Safe Home* class is only \$5.00.

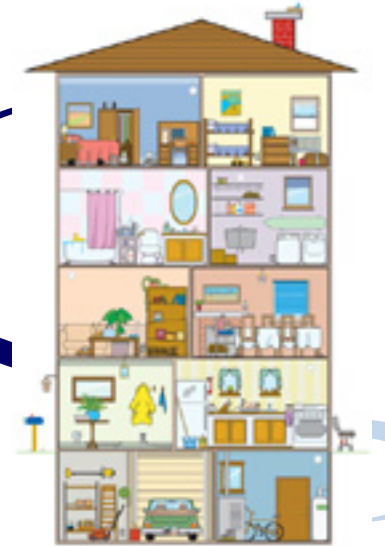


Cocoa Extension Office
3965 Lake Dr
Cocoa, FL 32926
321-633-1702



Palm Bay Extension Office
1455 Treeland Blvd SE
Palm Bay, FL 32909
321-952-4536

Home Safe Home



Keys for Protecting Yourself and Your Home



In accordance with the Americans with Disabilities Act and Section 286.26, F.S., persons needing accommodations or an interpreter to participate in the proceeding should notify the University of Florida Brevard County Extension Service no later than 48 hours prior to the meeting at 321-633-1702 or fax 321-633-1890.

Affirmative Action/Equal Opportunity Employer

Protecting Your Family Around the House

The safety of your home and family should be one of the most important things in your life. Knowing some of the common dangers in the home can go a long way in helping to keep your home, and those in it, safe.

Guard Against Fall Hazards

Falls are the second leading cause of unintentional-injury related deaths in the US., affecting over 30% of adults ages 65 and over, and most falls occur in the home.

Designing and maintaining a home that protects against a fall is simple, if you know how. Some tips include:

- Arrange furniture so that it provides a clear path through and into and out of an area.
- Stairs and steps should have a bright light over them and on the landings, and light switches should be placed at the top and bottom of the stairs.



Grab bars next to the toilet and in the tub area assist older adults in the bathroom.

- Tubs and showers should have non-skid mats or self-stick strips, and grab bars should be used to assist older adults in getting into and out of the tub or shower easily and safely.

Be Prepared for an Emergency

A small fire in a home can spread to the rest of the house in less than two minutes. One simple, yet effective way to keep your family safe in the event of a fire is to install a smoke detector in the home. Smoke detectors are instrumental in saving lives when properly maintained. Tips for using and maintaining your smoke detector include:

- When choosing a smoke detector, be sure to look for the UL label, indicating that it meets all applicable codes.
- Install the smoke detector on the ceiling outside of each bedroom and on every level of the home.
- Test your smoke detector once a month to make sure it is functioning properly.
- Replace the batteries twice a year.
- Replace your smoke detector every 10 years.



Smoke detectors are instrumental in saving lives.

- Vacuum your smoke detector once a year to remove dust and grime.



When choosing a smoke detector, look for the Underwriter's Laboratory (UL) label.

In addition to maintaining your smoke detector, it's important that you develop a fire escape plan and practice the plan at least twice a year, with at least one practice being held at night.

Protect Your Home from Intruders

One area of home safety that is sometimes overlooked is that of protecting our homes from intruders. Intruders pose not only a threat to our valuables, but also to our personal safety. By taking simple steps around the home, you can keep your valuables and the people you love safe.

- Keep shrubbery trimmed and have outside lighting to provide visibility of windows and doors from the street and other houses; this allows others to see what's happening around your home.
- Use window treatments that provide you the ability to see out but don't allow others to easily view the inside of the home.
- Install all exterior doors with a dead bolt or jimmy-proof lock, and make sure exterior doors have peepholes.



Dead bolt locks help protect from break-ins.



Home security systems can help to deter thieves.

- Consider installing a home security system. Systems can include door and window alarms, perimeter, window-foil or glass breakage systems, or whole house alarms.

- Engrave valuables with identifying information.

Make a household inventory and take pictures of items in the event that they are stolen.