



**6-11** Test the batteries in a smoke detector regularly to be sure they are functioning.

- Do not stand on a chair or box to reach high places. Use a sturdy step stool or ladder.
- Wait until a freshly washed floor dries before walking across the room.
- Wipe up spills from floors immediately. Be sure no sticky or greasy residue remains.
- Do not let children leave their toys on the kitchen floor. Remove shoes, boots, sports equipment, and other objects from kitchen traffic areas.
- If you use throw rugs, find ones with non-skid backings.

### Treating Falls

When someone is injured in a fall, stop bleeding if necessary. Loosen clothing around the victim's neck. If you suspect a broken bone, do not move the victim unless absolutely necessary. Make the victim as comfortable as possible. Do not give the victim anything to eat or drink. Call a physician.

## Preventing Electric Shock

Faulty wiring, overloaded electrical outlets, and damaged appliances are common causes of electric shock. Electrical hazards can also be fire hazards. The following guidelines will help you prevent electric shock:

- Never stand on a wet floor or work near a wet counter when using electric appliances.
- Do not touch any electrical plugs, switches, or appliances when your hands are wet.
- Do not run electrical cords under rugs or carpeting.

- Do not use lightweight extension cords with small appliances. If possible, plug appliances directly into electrical outlets. If you must use an extension cord, choose a heavy-gauge one that is designed to carry a heavier electrical load.
- Do not overload electrical outlets by plugging several appliances into the same outlet. See 6-12.
- Place safety covers over unused electrical outlets to prevent children from sticking fingers or objects into them.
- Unplug the toaster before trying to pry loose food that has become stuck.
- When you disconnect appliances, hold onto the plug, not the cord. Replace all cords and plugs when they become worn.
- Do not use damaged appliances.

### Treating Electric Shock

If someone receives an electric shock, immediately disconnect the appliance or turn off the power causing the shock. Do not touch the victim if he or she is connected to the power source. If you do, you will receive a shock, too. Use some nonconducting material to pull the victim away from the electrical source. A rope, a long piece of dry cloth, or a wooden pole would be suitable choices. Call for help. Begin rescue breathing.

#### Q: Will baking soda really put out a fire?

A: Baking soda, when heated, gives off carbon dioxide, which can smother flames. If a pan or skillet is on fire, however, the best step to take is to cover it with a lid and turn off the heat. For oven fires, keep the door closed and turn off the heat.

## Preventing Choking

Choking occurs when an object such as a piece of food becomes stuck in the throat. The trapped object blocks the airway, making it impossible for the victim to speak or breathe. Someone who is choking quickly turns blue and