

Care during quarantine.



We are all concerned with the New Coronavirus disease, the government and the Ministry of Health have disclosed all actions and recommendations to prevent the spread of the disease, social distance is one of the recommendations, however we must pay attention to other problems that we may be exposed in our homes , which are domestic accidents. There are many precautions we need to take to prevent accidents at home, as some dangers are hidden in simple actions of everyday life.

Some common accidents can have serious consequences and, therefore, we must take some actions in relation to the prevention of domestic accidents.

You must always think about the preservation of your residence and the safety of everyone who lives in it - your family and even your pets.

We have separated here some tips to prevent and work around casualties that can happen in your home.

Take a look!

- **Cleaning products:** always keep them out of reach of children, who may accidentally ingest them, or even adults, who may mistake them for other liquids.



- **Trips and slips:** wet and damp floors can cause serious accidents. On dry, but naturally slippery floors, avoid wearing socks. Also be careful not to trip over folded or raised carpets.



- **Furniture:** pointed furniture, open drawers and objects out of place can hurt people who are distracted by the house. Who doesn't have that scar of hitting a corner?



- **Stairs:** it is ideal that all fixed stairs in a house have a handrail. And when using moving stairs or chairs to reach something, try to do it with someone nearby to help you.



- **Stools:** who has never climbed on a stool or chair to get something from a closet or bookcase? It looks harmless, but you can get out of balance and suffer serious injuries from falling.



The same rule applies when changing a lamp. If you become unbalanced, you may accidentally touch the mouthpiece and get a shock.



- **Gas leak:** there is little care when using gas. Watch for leaks and always check that the valve is adjusted and the hose is not parched or leaning against the back of the stove. The clamp serves to make the seal. Obviously, a wire will not seal and accidents happen.



- **Hot pans:** while the pans are hot, always make sure that the handles are on the inside of the stove. That way you avoid bumping and dropping the content. The pressure cooker is a hand on the wheel, but it can also become a pump if not used correctly. First, it needs to be tightly sealed. That means keeping the rubber fresh. Second, keep the valve clean. Clogged, the pan is in danger of exploding. Third, this type of pan cannot be filled to the mouth (the limit is two-thirds). And no opening the lid before all the steam comes out.



“With insulation, fires rise 60% in SP and firefighters call: 'be very careful with alcohol gel'”

Com isolamento, incêndios sobem 60% em SP e bombeiros fazem apelo: 'muito cuidado com álcool gel'

Felipe Souza - @felipe_dess
Da BBC News Brasil em São Paulo

🕒 21 abril 2020



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Fonte: <https://www.bbc.com/portuguese/brasil-52363220>

Solução Integrada de Segurança do Trabalho

Consultoria e Assessoria em Segurança do Trabalho

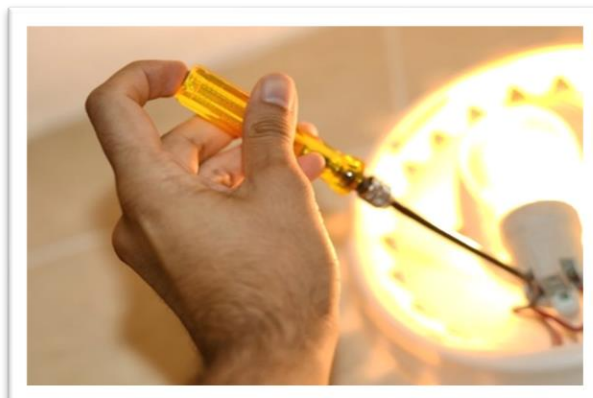
- **Knives and sharp objects:** leave knives and other sharp objects in safe and difficult to reach places. Even when cutting food, the knife must be used correctly. You can't peel an orange with a meat knife.



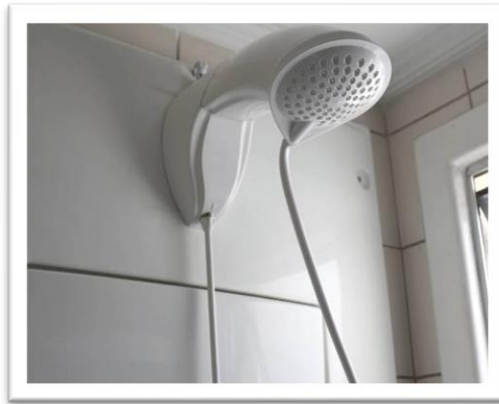
Another common and dangerous practice is to use the knife for what it was not made for. For example, to open cans, pots or bottles. There are frequent cases of people cutting their hands while doing this.



- **Electrical repairs:** in the rush hour, many people do not think twice and immediately take the knife to use it as a screwdriver. Another serious mistake!



If used in the right way, the electric shower does not pose any great risks. However, making any repairs or checking the equipment without having turned off the power to the house is very dangerous.



- **Fire risk:** when charging your cell phone, notebook or tablet, leave them on the floor or on a surface that does not catch fire easily. If you are accustomed to leaving it on the sofa or bed, be aware that in the event of a power overload, the battery may explode, causing a fire.



Speaking of overload, another danger lies in this type of outlet. That's because they draw energy from a single source. Depending on what is connected, there may be a short circuit. Avoid using adapters and extensions.



- **Windows and balconies:** avoid leaning over windows or balconies. When cleaning them, be very careful that your body stays inside the house. If you have children or pets, install screens or safety nets.



- **Swimming pools and bathtubs:** remember that children should never be left unsupervised in bathtubs or pools. You need to be aware 100% of the time!



- **Toilets:** toilets are made to support the weight of a seated person, because the weight is distributed. Standing, this weight, even if it is not much, is concentrated in only one place, causing cracks in the porcelain. The material is sharp and can easily pierce important arteries.



Every time you improvise something bad can happen!

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