



A loose rug; a box underfoot that you didn't see; an extension cord left lying around—there are lots of reasons why people fall in the home. In fact, one of the most common sources of injury in the home is accidents due to falls.

Would it surprise you to learn that one of the most common sources of injury AT WORK is accidents due to falls? It's no coincidence!

Time and time again, British Columbians receive serious injuries in the home and in the workplace as a result of unsafe behaviour; and it is quite likely that this behaviour in the home carries over to the workplace.

If you stood on a chair at home to change a light bulb, would you use a chair to reach something on a shelf at work? If you leave poisonous substances or cleaning compounds under the sink within easy reach, could you forget to properly store similar substances on the job?

Unsafe practices around the home can involve something as simple as failing to use a ladder or proper step-stool to reach for something. How many times have you gone up on the roof to check the gutters and not secured the ladder against movement. Just walk through your neighbourhood and notice how many of your neighbours are demonstrating similar unsafe behaviours.

Safety is not an ideal that is to be practiced only in the workplace. It is an attitude that can start in the home and be practiced at work. If we take an active role in learning and practicing safety at home, it is likely that this positive attitude will grow and carry over to the workplace.

We teach our children to be safe at home and to practice safety when playing in the street or on the way home from school—let's remember to apply what we know about safety to our own behaviour in the home and at work.

Safety in the home and at work can save ourselves and others the pain, suffering and hardship that come from accidents or fatalities.

Think Safe, Be Safe!

