

# There's No Such Thing As A Safe Shock



## How To Create A Safe Home For You And Your Kids

Kids are curious explorers who get their hands on everything. As parents, we try protect those hands – make sure they are washed regularly, remove splinters and bandage cuts. But there are invisible dangers in our homes, and electricity is one of them.

### Did you know...

every year in Ontario approximately **110 kids under 15** end up in the emergency department because of an electrical injury? More than half of these kids are under the age of five, and the majority of injuries are burns to the hands and wrists.

There is **no such thing as a safe shock**. Research shows that even low-voltage shocks can have long-term after effects such as the feeling of pins and needles, numbness, memory loss or anxiety.

### What Happens When You Get A Shock?

Our bodies have internal electrical impulses, helping our brain send signals to the rest of our body. This happens when we yawn, smile or flex our muscles. But when electricity is introduced from an outside source, the balance is interrupted – kind of like a circuit breaker being tripped.

When someone receives a shock, electricity travels through the body until it finds the fastest way out to the ground.

And the longer electricity stays in the body, the more damage can be done.





# All Electrical Shocks Are Preventable

We can teach our children about electricity and help prevent shocks and burns by making our homes more electrically-safe.

## Here Are Some Simple Tips To Make Your Home A Safe-zone For You And Your Kids:

### Install child-safety outlets

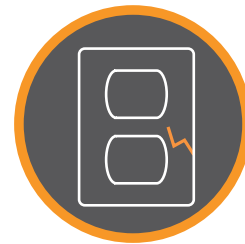
(tamper-resistant receptacles).

They have shutters that help prevent curious kids from poking fingers or items into the outlet.



### Replace broken or missing Outlets and cover plates.

The covers create a barrier between kids (and adults!) and exposed wires.



### Replace frayed cords.

If your cord has frayed, replace it. Frayed cords are a shock and fire hazard. Tape won't protect from a shock.



If you or your child has been shocked, seek medical attention. If you've spotted or think there may be an electrical hazard in your home, contact a Licensed Electrical Contractor as soon as possible to have it fixed.

For more tips, visit: [esasafe.com/nosafeshock](https://esasafe.com/nosafeshock)

