



OUR HOME – OUR SAFETY – OUR ACTION

MONSANTO



KITCHEN SAFETY

GAS CYLINDER SAFETY

- Always keep cylinder upright with valve on top
- Always the stove should be at a higher level than the cylinder to prevent any clothing from catching fire
- Open all doors and windows to enable air circulation/ fresh air entry during working in kitchen or in case of gas leakage
- Always use insulated suraksha tube and check it regularly for cracks
- Use approved gas leak arrestors

COOKING FIRES IN KITCHEN

- Use flame proof aprons while cooking
- Turn off the stove to answer the phone or the door
- Wear short or tight-fitting sleeves while cooking
- Keep combustibles away from heat sources
- Keep surfaces clean; prevent grease build-up
- Do not pour water on to oil fires, cover the tumbler / pan with a lid to control fire and switch off the stove without getting affected
- Unattended cooking can lead to a fire
- For micro oven fire, leave the door closed and if possible cut off power supply
- Never leave a burning candle unattended

ELECTRICAL FIRE SAFETY

- Do not leave electrical wire joints uninsulated
- Do not keep electrical wires across floor/ walk way/ under carpets
- Never insert naked wires in to socket without a power plug
- Use appropriate power plug (two-pin or three-pin) as required
- Never keep fingers, toys or other objects in to electrical socket
- Use socket guards wherever necessary
- Do not overload sockets for multiple uses
- Never pull a plug from an outlet by its cord
- Use light bulbs that do not exceed recommended wattages
- Never replace a fuse or circuit breaker with one that exceeds the circuit rating
- Unplug electrical appliances when not in use
- Allow air space around electrical appliances
- Don't push furniture against plugs
- Feeling a tingle on touch/recurring blown fuses/burning smell/flickering lights/sizzling sound at wall switches are heed warnings of electrical problems
- Use extension cords only for temporary purposes
- Do not leave laptops and other electronic items unattended on bed/mattress while charging
- Use residual current circuit breakers (RCCB) to protect you from the risks of electrical shocks, electrocution and fires that are caused due to faulty wiring or earth faults.
- Check electrical wiring and earth pits periodically
- Use flame proof electrical wire for long life and flame proof tapes for joint connections
- Check with electrician while reusing unattended equipment for a long while
- Reusing unused electrical items after long time, will have spider webs, rats etc inside that may cause short circuit
- Go for periodical maintenance for electrical items like ovens, washing machines, air conditioners
- Install fire smoke alarm to have an early alert
- Keep a ABC type fire extinguisher ready at home for any emergencies
- For minor burns, cool the skin using cool water for 10-30 minutes. Never apply cream or greasy substances. Later take medical treatment.
- Roll the person caught in to fire, using a fire blanket/rug
- To escape from smoke, crawl on the floor
- In case of fires in apartments, never use elevators
- Know emergency escape routes and be careful to prevent stampedes in public places

FIREWORKS SAFETY

- Read and follow all warnings and instructions on the label
- Only use fire works out doors and keep them away from houses and flammable materials.
- Be sure other people are out – of – range and a safe distance away before lighting fire works
- Never ignite fire works in a container (especially a glass or metal container)
- Never experiment or attempt to make your own fire work
- Alcohol and fire works do not mix
- Always store your fire works in a cool dry place
- Never try to re-ignite malfunctioning fire work
- Never throw fire works at another person
- Never carry fire works in your pocket
- Never touch / go near fireworks while about to ignite
- Stay away from the bonfire
- Have only one sparkler at a time
- preferably wear gloves when holding a sparkler
- Keep a bucket of water/sand ready to extinguish fire
- Supervise children using fire works

KIDS SAFETY

- Don't leave kids alone to move in elevators
- Give proper instructions to drivers in school buses
- Never overload school buses with children
- Don't leave children alone unattended in cars
- Educate kids on safety while playing in schools
- Keep a watch on children playing on building terrace
- Don't allow children to play on roads especially near road junctions and deep turns of road
- Ensure protection from stray dogs and other pet animals
- Keep knives, peelers and sharp tools away from children
- Use protection for hard and sharp edges to avoid injuries
- Ensure keeping away materials that resemble food like naphthalene balls, coins, design pebbles, beads etc.,
- Keep them away from electrical items like geysers, ovens, immersion type water heaters, room heaters etc.,
- Use door stoppers to avoid children fingers trapped and injured while closing doors

SLIPS/TRIPS/FALLS

- Clean up wet areas and spills immediately
- Ensure bath room floors have proper slope and non-slippery
- Stay alert for uneven surfaces
- Use handrail while walking on stairs
- Do not leave any objects in walkways/aisles
- Never carry a load that blocks your vision
- Use correct ladder instead of a chair, table, bucket etc to work on heights
- Use antiskid tapes wherever required

ERGONOMICS

- Maintain proper body posture for each activity
- Do ergo stretch (back, legs, back, shoulder and neck) intermittently during work
- Take regular breaks and change posture for a while to avoid muscle cramps
- Don't do same task repetitively for a long time
- Adjust computer monitor height to your sight level and don't be edgy on your chair
- Lift heavy objects safely (back straight, grip object, straighten legs, avoid twists)
- Use chairs and sofas that create ergonomic comfort, it is advised not to sleep on sofas
- Ensure kitchen platform is at proper height
- Use long handed tools to stand and work comfortably in garden
- Keep the knee moving and flexible while you sit for long hours
- Give break, blink eyes often while working on computer
- Too much texting create pressure on neck and fingers
- Reduce drumming of thumb on touch screens, tables and mobile phones
- High heeled, point ended, heavy and wrong sized shoes are non-ergonomic
- Prolonged sitting in tight fit dress put you at high health risk
- Sleep on your back or side rather than your stomach whenever possible
- Always carry back packs taking support from both shoulders.

CHEMICAL SAFETY

- Using mosquito repellents and coils is harmful
- Ensure chemical container label (detergents, repellents, paints, Kerosene etc) is intact and readable
- Keep chemicals away from children or store under lock
- Use required PPE (goggles, gloves and mask) while using chemicals
- Check validity and dispose expired chemicals properly and timely
- Maintain eye wash bottle to clean eyes in case of chemical splash
- Don't keep partially used chemical or paint containers unused for a long while as they may produce gases internally and explode.

OTHER SAFETY PRECAUTIONS

- Use oven friendly utensils for heating food in oven
- Be watchful on diyas/ scented sticks left unattended after Prayer/ Pooja
- Don't use refrigerator both for food and chemical storage
- Reduce cell phone radiation by using blue tooth/ear phones/speaker phone (children and pregnant women are more vulnerable)
- Have a watch on low roof ceiling fans
- Ensure having a proper railing on stairs and minimum 3.5 feet height parapet wall
- Be careful about sharp edges and corners
- Don't accumulate waste and dispose after proper segregation
- While move near construction works, look for obstacles (metal piercing items, ditches etc) in walk ways and also for improper scaffolding
- Watchful for hiding animals (snakes, millipedes etc) in confined spaces like store rooms, empty containers, unused shoes etc
- Use warning signs like barricading tapes to fence/protect areas required, fluorescent marking for low heights etc.,
- In apartments and group house, alert others also on safety requirements
- Be attentive while walking on stairs
- Maintain good housekeeping and dispose all unwanted items periodically.

DRIVING SAFETY

- Conduct periodical vehicle checks
- Wear helmet (even for bicycle riding)
- Never use mobiles while driving
- Use seat belt for driver and all passengers
- Don't exceed speed limit
- Don't drunk and drive
- Watchful of pedestrians especially near junctions, turns and while moving back
- Don't get distracted by other passengers
- Try to avoid night driving by road
- Wear reflective jackets when you are driving two wheelers at night
- Watch for parked vehicles or vehicles moving at low speed in high ways
- Take breaks during long journey (at least once in 2 hours)
- Do not drive when you feel fatigue
- Have 360 degrees scanning
- Never overtake vehicles near blind spots (ups, deep turns)
- Don't drive very close to vehicles ahead
- Don't overload two wheelers with more than two passengers or heavy goods
- While women travel on two wheelers, need to take at most care of not allowing loose clothes in to moving parts like wheels.
- Don't honk unnecessarily as it lead to road rage
- Check coolant level to avoid engine over heating
- Inform your journey plan to close relatives and friends
- Keep emergency contacts in your mobile
- Carry a first-aid kit and driving safety kit
- Carry valid driving license, pollution/insurance certificate and RC book

PEDESTRIAN SAFETY

- Watchful of vehicles on the road especially on turns, junctions
- Careful while crossing the roads, railway gates
- Never stand behind a parked vehicle
- Carry a torch light during night time
- Always walk facing the traffic
- Don't use mobile or ear phones while walking
- Vehicles passing over stones may hit pedestrians in close proximity

SWIMMING POOL SAFETY



- DON'T DIVE
 - DONT' SHOUT
 - DONT' PUSH
 - DON'T DUCK
 - DONT' RUN
 - DON'T PRACTICE GYMNASTICS
 - WATCH YOUR CHILDREN
 - USE RESTROOMS
 - WEAR REQUIRED SAFETY GADGETS
 - DON'T SWIM ALONE
- IN CASE OF EYE BURNING SENSATION, IMMEDIATELY COME OUT

KITCHEN GARDEN SAFETY

- Use proper tools for gardening
- Be careful while using the sharp edged tools
- Use PPE while spraying pesticides/other chemicals
- Properly preserve PPE after use and clean
- Do not store PPE along with pesticide container
- Be watchful on insect/snake bites in garden
- Stay away from bushy areas where snakes congregate
- Take medical treatment immediately for snake/insect bites
- Never climb trees near power lines
- While digging soil, aware of electrical lines underground

NATURAL CALAMITIES/WEATHER ABNORMALITIES

- Maintain food reserves
- Turn off electricity and gas
- Maintain an emergency light
- Don't use the elevator
- Do not enter into damaged buildings
- Pay attention only to information from authorities
- Never drive through water stagnated areas
- Be watchful at open manholes and electrocution while moving through water stagnant on roads
- Stay away from windows and glass
- Keep the first aid kit ready and stock required medicines
- In case of heat stress, rest under cool breeze and drink more water

COMMUNICABLE DISEASES

- Don't share towels/clothes/personal items
- Keep away from others/ crowd
- Maintain hygienic conditions at home and surroundings
- Wear nose masks to control spread of flu, cold etc
- Ensure thorough hand washing
- Do not touch or walk barefoot on contaminated sand to prevent infection from worm - like parasites
- Watchful on weather changes and be alert on epidemic that may occur
- Take proper medical treatment

EMERGENCY CONTACT NUMBERS

Local police	100
Fire service	101
Ambulance	102
Medical Police Fire Emergencies	108
Women's Helpline	181
Child help line (Rescue)	1098
Emergency (In all states)	112

Disclaimer: Information provided here is in the interest of public safety and it has no liability with Monsanto.