

**Communications Office**

Peterborough County-City Health Unit  
 10 Hospital Drive  
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[www.pcchu.ca](http://www.pcchu.ca)

**FOR IMMEDIATE RELEASE****Home Safe Home**

***Free New Resource Kit Can Help Local Residents Plan  
 Home Renovations That Pay Off in Safety***

**Monday, June 7, 2010, Peterborough**



For anyone considering home improvements this year, public health officials are encouraging you to include safety features as part of any renovation projects.

To help local residents build on this idea, the Peterborough County-City Health Unit (PCCHU) is offering a free resource kit called *Simply Safer is Simply Smarter: How to Build or Renovate For a Safer Home*. The illustrated, room-by-room kit includes design and product ideas on how to build and renovate a home to ensure safety is a priority for all ages. Safety suggestions for stairs, bathrooms, flooring and lighting are provided in the resource kit, as well as rebate programs to help offset the costs of safety improvements.

The *Simply Safer is Simply Smarter Kit* is available at the Health Unit office at 10 Hospital Drive in Peterborough, or online at [www.pcchu.ca/simplysafer](http://www.pcchu.ca/simplysafer). Copies can also be ordered free-of-charge by calling the Health Unit at (705) 743-1000 x 317. The kit is an initiative of PCCHU, Durham Region Health Department, Haliburton Kawartha Pine Ridge District Health Unit, and Hastings and Prince Edward Counties Health Unit.

“A house is a significant investment for anyone,” notes Melinda Wall, a Public Health Nurse with the Health Unit. “While renovations can enhance the value of your home, incorporating safety features along the way can also ensure you enjoy a home *safe* home for as long as you live in the house.”

According to the *Ontario Injury Prevention Resource Centre*, every six minutes, one person in the province visits a hospital emergency department due to a slip or trip. Every half hour, one Ontarian is hospitalized due to injuries from a slip or trip.

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“Slips and trips don’t just happen to older residents,” says Ms. Wall. “Most injuries occur at home, and they can happen to anyone regardless of age.”

Home renovations that improve safety do not have to be extensive or expensive. Simple improvements in lighting can help family members avoid potential tripping hazards. Choosing non-slip flooring options and ensuring smooth transitions between different flooring surfaces can also help young and old avoid slips and trips around the house.

“Thoughtful planning and design elements, such as stair rails on both sides and stylish bathroom grab bars, help everyone in the family stay on their feet,” Ms. Wall adds.

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### **For media inquiries, contact:**

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