



## HOME SAFETY (AND THE OUCH! BOX)

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I was recently chatting with a friend and she told me that they had just spent the weekend making their house safer. Of course my interest was roused - what did they do that I should be doing??

Well, first, they installed smoke and carbon dioxide detectors. I must admit that I was kind of shocked when I heard that they had only **just** installed them - they've been living in their flat for over 5 years and have 2 small children! (I mentally prided myself on having bought a smoke detector within a week of moving in our new rental house last year. And we don't have gas in the house so a CO2 detector is not necessary.)

Secondly, my friend got a fire escape rope ladder as they are living in a fourth floor apartment (we are on the ground floor - check). Step three: they bought a proper First Aid Kit. They even got one of those shiny silver emergency blankets! She didn't have a clue what to use it for yet, but - step four - she would soon find out in the First Aid for children course she booked.

OK, impressive. That same evening I sat down and got an **Ouch! Pouch**, which includes the mysterious thermal blanket we discussed and a variety of other First Aid essentials (like bandages, plasters, alcohol pads etc.). I also got an **Ouch! Box**, which not only looks cool but is lockable, and will from now on hold all of the medications that thus far lived in an old shoebox. Plan B is to follow an online First Aid course; I followed an infant First Aid course when Sara (now 5) was a baby but I have forgotten lots of it. So... How safe is your house? Do you have any more essential safety tips I should be thinking about?

xxx Esther

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