



## Be Safe At Home

ELIMINATE THESE DANGERS WITH SOME SIMPLE RULES.

While it helps you to de-stress and exercise your creativity, DIY projects are not without risks. The National Safety Council of Singapore ([www.nscs.org.sg](http://www.nscs.org.sg)) cautions that home safety should not be overlooked and identifies several danger spots in their *Preventing Home Injuries* booklet. We came up with our own guide for helping you avoid trouble.

### WATCH YOUR STEP

#### ALERT: LADDER

Falls are a leading cause of home injuries, according to the US Home Safety Council (HSC). "For every 1.2m you're going to climb, pull the ladder's base 30cm back from the wall," says Meri-K Appy, the HSC's president. "Falls happen when guys lean over a little too far," she says. If your belt buckle strays past the side of the ladder, you're overreaching.

### BURN OUT

#### ALERT: GAS STOVES

Test your hob before using it after a long break. The gas rubber hose may have formed cracks which causes a leak. The Canada Safety Council recommends a yearly check of gas appliances. Do this: pour

soapy water where the hose connects to the stove; if bubbles rise or you smell gas, shut off the tank and buy a new hose.

### ELECTRIC BLUES

#### ALERT: WIRES

Extension cords that are used as permanent plugs, and shoved under chairs and sofas can lead to pinching and cracking of the cords, according to Lorraine Carli of the US National Fire Protection Association. That can lead to an ignition. Hire an electrician to add outlets: It may cost more for the installation but you'll be far safer.

### STAB BACK

#### ALERT: NAIL GUNS

Hold the gun perpendicular to the target so the nail won't shoot to the side, says carpenter Carter

Oosterhouse, the host of US home improvement TV show *Carter Can*. Keep your hand at least 10cm away from the point of impact; the longest a nail gun can fire is about 9cm. Choose a lightweight gun which is easier to aim.

### CLEAN CUTS

#### ALERT: POWER SAWS

Test the sharpness of the blade by making a small cut in a wood scrap. The slice should be clean. If it looks more like a rip, stop using that blade. "Since dull blades don't cut well, you may hit a knot or staple in the wood and the saw may jerk out of your hands or kick back," says Steven Johnson, PhD, of the University of Maine Cooperative Extension. You can sharpen a blade but a replacement is best.

### DOCTOR-ON-CALL Dr Dinesh Nair

## Q WHAT EXACTLY IS A BRAIN ANEURYSM?

Wei Ming

A brain or cerebral aneurysm is caused by the dilation or bulging of part of the wall of an artery in the brain. If the aneurysm has not ruptured, treatment may be recommended for symptomatic, large or irregularly shaped aneurysms. If an aneurysm ruptures, emergency treatment is often required to restore breathing and reduce the abnormally high pressure within the brain.

Small aneurysms may be symptom-free, but larger ones may cause loss of feeling in the face or eye problems. If they rupture, severe headache, nausea, visual impairment, vomiting and loss of consciousness or a stroke may occur. Numerous medical conditions are associated with this condition, including certain connective tissue disorders as well as high blood pressure and atherosclerosis (fatty deposits in the arteries of the body).

Adequate treatment of these conditions is a good first step towards preventing the development of such a cerebral aneurysm.

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## ONE-WORD ANSWERS

### MORNING

The best time to have an injection.  
Source: *The Journal of Psychophysiology*

### 1

The number of teaspoons with your RDA of salt (6g).  
Source: *Consensus Action on Salt and Health*

### 6

The number of highly toxic chemicals in an air freshener.  
Source: *University of Washington*

### SALVE

Works better than pills at relieving pain.  
Source: *Queen Mary, University of London*

### FISH

Can reduce your odds of eczema by 25 per cent.  
Source: *British Medical Journal*