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## Home Safety Check List and Tips

### **Living Room**

- Leave generous space to move safely around furniture\*
- Make sure furniture and lamps are steady and stable
- Make sure electrical cords are out of the way
- Have cordless phone by favorite sitting place

### **Kitchen**

- Have everything within reach so that you do not need to climb
- Wipe up any spills immediately
- Eliminate throw rugs\*

### **Bathroom**

- Install grab bars in bathtub/shower and by the toilet area
- Use a non-skid bath mat
- Use a shower chair and handheld sprayer, if it is difficult to stand in the shower
- Install night lights in bathroom and hallway/room outside of bathroom
- Set the thermostat on the water heater no higher than 120 degree Fahrenheit

### **Bedroom**

- Have good lighting next to bed
- Have a phone next to bed
- Remove clutter on floor\*

### **Stairs**

- Have handrails on both sides of the stairs
- Make sure stairs are properly lit
- Do not put things on the stairs

### **Walkway and Entryways**

- Have a small bench in your entryway to help you put on and remove your boots
- Turn the lights on ahead of you while moving through the house\*

**\* = Applies to ALL rooms**

## **Keep emergency numbers handy**

- Emergency Service: **911**
- Poison Control: 1-800-222-1222
- Family member or friend to call in case of emergency
- Doctor's office

## **Protect against fire and related dangers**

- Don't use extension cords to plug lights or appliances into a socket
- Install a smoke detector and replace the battery two times a year (each time you change your clocks for Daylight Savings Time)
- Keep a working fire extinguisher in the kitchen and near fireplaces or wood burning stoves, etc.
- Never smoke in bed or leave candles burning in an empty room
- Make sure space heaters are at least 3 feet away from anything that can burn and turn off space heaters when you leave the room
- Always unplug electric cords by plug-in plug (do not pull on the cord)

## **Prevent Falls**

- Choose non-slip footwear, e.g., slippers with rubber/no-slip bottoms
- Do not wear socks or stockings when walking on smooth floors; they can be very slippery
- If you use a cane or a walker, be sure to use it at all times instead of holding onto walls and furniture
- Replace cane tip when showing wear
- Do not rush to answer the phone

## **Prevent Poisoning**

- Keep prescription medication in the original containers so you do not mix up your medicines
- Ask your pharmacist to put large-print labels on medication bottles to make them easier to read
- Take your medications in a room with lots of light so you can see the labels
- Bring all your pill bottles with you to your doctor's appointments so he or she can look at them and make sure you are taking them correctly

## **Protect Against Abuse**

- Keep your windows and doors locked at all times (be aware during warm weather)
- Have a younger male record the message on your answering machine
- Leave an inside and outside light on when returning after dark
- Trim bushes away from walkways and doors to deter someone from hiding