

# HOME SAFETY

## Checklist



### General Safety

- Clear Clutter: Keep walkways and high-traffic areas free of items that could cause tripping
- Adequate Lighting: Ensure hallways, stairs, and entryways are well-lit. Use night lights for nighttime safety.
- Secure Rugs: Use non-slip rugs or mats to prevent slipping.

### Kitchen Safety

- Accessible Cabinets: Store frequently used items within easy reach to avoid climbing or stretching.
- Check Stovetop & Oven: Turn off appliances when not in use to prevent fires.
- Non-slip Floor Mats: Use mats in front of the sink and stove to prevent slips.

### Bedroom Safety

- Easy-to-Reach Items: Keep essentials like phone, glasses, and medications within arm's reach.
- Bed Height: Ensure the bed is the right height for easy entry and exit.

### Quick Tip!

*Small changes add up—take it one step at a time and make your space safer!*

### Bathroom Safety

- Grab Bars: Install grab bars in the shower, bathtub, and near the toilet for stability.
- Non-slip Shower Mats: Use mats in the tub or shower to prevent falls.
- Water Temperature: Set the water heater temperature to prevent burns.

### Living Areas

- Sturdy Furniture: Ensure chairs, couches, and tables are stable and won't tip over easily.
- Electrical Cords: Keep cords out of walkways to avoid tripping. Consider using cord covers.
- Fire Safety: Keep a fire extinguisher nearby, and ensure smoke detectors are working.

### Emergency Plan

- Have a plan in place for what to do in case of an emergency (fire, fall, etc.)
- Emergency Contacts: Keep a list of emergency contacts by the phone or in an easily accessible spot.
- Medication List: Keep a current list of medications, dosages, and doctors' contact information.
- Consider a medical alert system if you're at risk of falling or need assistance in an emergency.