

Safety Checklist

Bathroom



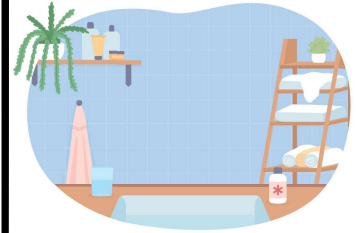
Yes

No

	Does your shower or tub have a non-skid surface?		
	Does your tub or shower have a sturdy grab bar? (Not a towel rack)		
	Is your hot water temperature 120 degrees or lower to prevent accidental scalds?		
	Is it easy to get on and off the toilet?		
	Are all medications secure?		
	Are all other bathroom hazards eliminated?		

Safety Tip Sheet

Bathroom



Does your shower or tub have a non-skid surface?



If not...

Put abrasive strips, decals, or a non-slip mat in the tub or shower.

Avoid using bath oil or creams; they make surfaces slippery.

Prevent soap from falling in the shower; use soap on a rope or a liquid dispenser that connects to the shower head.

Does your tub or shower have a sturdy grab bar (not a towel rack)?



If not...

Install a grab bar to structural supports in the wall or install bar specifically designed to attach to the side of the tub. A grab bar in a color contrasting to the wall is easier to see.

If you or your relative is unsteady on your feet, use a bath seat or hand-held shower.

Is your hot water temperature 120 degrees or lower to prevent accidental scalds?



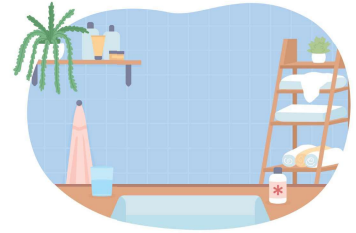
If not...

Check your water heater temperature by running the hot water for 2 minutes. Use a kitchen thermometer to check the temperature. If the temperature is greater than 120 degrees, lower the setting or call your electric or gas company to do it for you.

Before you or your relative enters the tub or shower always check the temperature by hand.

Safety Tip Sheet

Bathroom



Is it easy to get off and on the toilet?



If not...

Install a grab-bar by the side of the toilet to the structural supports in the wall.

Install a raised toilet seat, available from medical supply stores.

Are all medications secure?



If not...

Keep prescription and over the counter medicines locked or latched in a cabinet.

Check expiration dates and discard old medications regularly.

Make sure each bottle is labeled clearly with patient's name, name of drug, drug strength, dosage, frequency, and expiration date. Don't guess anything when administering drugs.

Request child resistant caps if needed.

Are all other bathroom hazards eliminated?



If not...

Use a night light in the bathroom.

Remove the lock from the bathroom door to prevent you or your relative from getting locked in.

Use a foam rubber faucet cover in the tub to prevent injury from falls.

Remove cleaning products from under the sink or latch the cabinet.

Remove electrical appliances such as hairdryers or electric razors from the bathroom, if there is a danger that your relative will put them in water.

Cover electrical outlets not in use. Childproof plugs are available from most hardware and variety stores.

Safety Checklist Bedroom



Yes

No



Do you have a working smoke detector on the ceiling outside all bedroom doors?



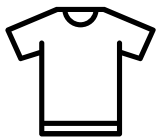
Do you have a lamp or a light switch within easy reach of your bed? This prevents falling in the dark.







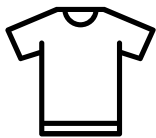
Is a phone within easy reach of your bed?



Are electric warming appliances closely monitored (Heated blanket, Heating pad, Space heater)?



Are the floors free of clutter? Picking up clothes, books, toys, or other objects on the floor prevents falling in the dark.

	Yes	No
 <p>Do you have a working smoke detector on the ceiling outside all bedroom doors?</p>		
 <p>Do you have a lamp or a light switch within easy reach of your bed? This prevents falling in the dark.</p>		
 <p>Is a phone within easy reach of your bed?</p>		
 <p>Are electric warming appliances closely monitored (Heated blanket, Heating pad, Space heater)?</p>		
 <p>Are the floors free of clutter? Picking up clothes, books, toys, or other objects on the floor prevents falling in the dark.</p>		

Safety Tip Sheet

Bedroom



Do you have a have a working smoke detector on the ceiling outside all bedroom doors?



If not...

Install smoke detectors on the ceiling outside all bedrooms and on each floor of the house. Don't forget the basement, even if you only use it for storage.

Check the alarms monthly and change batteries yearly (on your birthday).

Vacuum the grillwork of your smoke detectors occasionally.

Do you have a lamp or light switch within easy reach of your bed?



If not...

Place lamps by bed, or move bed closer to switch

Use lamps that activate by a loud noise, e.g. clapping.

Keep flashlight near bed.

Leave a night light on.

Is there a phone within easy reach of your bed?



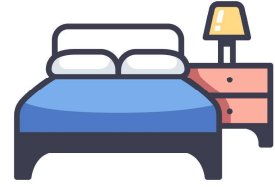
If not...

Rearrange bedroom furniture or have an extra extension put in your bedroom.

Use a cordless phone and place near bed.

Safety Tip Sheet

Bedroom



Are electric warming appliances closely monitored?



If not...

Use electric mattress pads, electric blankets, and heating pads all of which may cause burns, only to warm the bed prior to your relative getting into bed. Turn off and unplug when your relative goes to bed.

Keep controls out of reach .

Are the floors free of clutter?



If not...

Keep a laundry basket in your room to place dirty clothes in. This helps keep them off the floor.

Develop a 5 minute pick up routine before bedtime.

Safety Checklist Entrances and Throughout Home



Yes

No

	Are all entrances to your home safe and well lit?		
	Are walkways to your home safe?		
	Do you have an emergency exit plan in case of fire?		
	Do you have emergency phone numbers listed by your phone?		
	Do you have voicemail or answering machine?		

Safety Tip Sheet

Entrances and Throughout Home



Are all entrances to your home safe and well lit?



If not...

Place lights at entrances. Sensor lights that automatically turn on and off when the area is approached are useful.

A small bench or table by the entry is useful to place things on while unlocking the door.

Install locks on all outside doors and windows.

Ask a neighbor to keep a spare key for you in case you get locked out of the house.



Are walkways to your home safe?

If not...

Repair uneven and cracked surfaces. If repair is not possible, paint edges of the crack or hole so that it is easy to see.

Eliminate hoses or other objects that may cause tripping.

Keep bushes and foliage pruned away from walkways and doorways.

Consider posting a “No Solicitation” sign on the front gate or door.



Do you have an emergency exit plan in case of fire?

If not...

Have an escape plan for yourself and your relative (2 ways out, if possible) from every room in your house, especially from bedrooms.

Eliminate hoses or other objects that may cause tripping.

Practice your exit plan. Practice what you will do if you and your relative are in different rooms.

All homes are different. Call your fire department educator if you need assistance making an emergency exit plan.

Safety Tip Sheet

Entrances and Throughout Home



Do you have emergency phone numbers listed by your phone?

If not...

Tape emergency numbers by your phone including:

- 911 or the emergency number in your area.
- Poison Control Center
- Your street address and nearest cross streets to direct emergency personnel coming to your home.
- Doctor or clinic.
- Nearest hospital.
- Family or friends to be notified in case of an emergency.

You may want to program a phone so that pushing a single button will dial a number for you.

You may want to inform your local fire department that an impaired person lives in your home who may not be able to get out alone in case of fire.



Do you have an answering machine?

If not...

If you are away or unable to answer the phone, let it go to voicemail or an answering machine:

- avoids putting your relative in the position of having to take a message.
- avoids making your relative a target for telephone solicitation or exploitation.

Safety Checklist Kitchen



Yes

No



Are your oven and stove controls easy to see and use?



Are you aware of fire hazards in your kitchen?



Are regularly used items within easy reach?



Do you have a sturdy step stool? Standing on a chair or other makeshift items can result in falls



Are dangerous items safely secured?



Are there food hazards in your kitchen?



Are there other potentially dangerous kitchen items?

Safety Tip Sheet

Kitchen



Are your oven and stove controls easy to see and use?

If not...

Mark the "off" positions of the dials with colored dots, tape or raised bumps made from Velcro, glue or nail polish

Use extra care when reaching across burners to regulate dials or to use the back burners

Set a timer to remind yourself to turn off the burners or oven when cooking.

Have an automatic shut-off switch installed.



Are you aware of fire hazards in your kitchen?

If not...

Keep loose fitting clothing, towels, aprons and curtains away from burners, oven, crock pot, coffee maker, toaster and toaster oven

Keep oven mitts/potholders handy and ready for quick use.

If clothes catch fire, let yourself down to the floor and roll. If you can't drop and roll, use a blanket or rug to smother flames.

When cooking, roll back loose sleeves and secure with safety pins or rubber bands.

Keep a fire extinguisher ready to use within reach of your stove. Make sure you know how to use it. Check expiration date on the extinguisher and replace it when needed.



Are regularly used items within easy reach?

If not...

Install an extra shelf below the cabinet at a height that is within reach.

Use pegboards to hang frequently used items.

Obtain a reacher through mail-order catalogs or medical equipment stores



Do you have a sturdy step-stool? Standing on chairs or other makeshift items can result in falls.

If not...

Buy a step-stool if you do not have one. Choose one with a hand rail that you can hold onto while standing on the top step.

Before climbing on a step-stool, make sure it is fully opened and stable.

Do not climb on chairs, drawers, or counter tops.



Are dangerous items stored away securely?

If not...

Potentially dangerous items should always be stored in a latched or locked cabinet or drawer. Childproof latches are available from most hardware and variety stores.

Dangerous items may include: small appliances, scissors, knives, and pointed kitchen utensils; cleaning supplies, insect killer, plant food, and other chemical substances; vitamins, medicines, aspirin, and over-the-counter medicines.

Do not store dangerous products in drinking glasses, pop bottles, or other food containers.

Are there food hazards in your kitchen?



Be sure to...

Eliminate non-edible items that appear real such as artificial fruits, vegetables, and decorative magnets.

Use a rubber mat underneath area rugs

Regularly dispose of food that is old or spoiled.



Are there other potentially dangerous kitchen items?

Be sure to...

Eliminate or secure the kitchen junk drawer.

Place a drain trap in the kitchen sink to catch anything not meant to go down the drain.







Safety Checklist

Living Room/ Family Room



Yes

No

	<p>Is there a light easily accessible to turn on in a dark room?</p>		
	<p>Are lamp cords, extension cords, and phone cords in good repair and out of the way of foot traffic</p>		
	<p>Are walkways free from objects or clutter?</p>		
	<p>Is your fireplace or wood stove maintained yearly?</p>		
	<p>Are curtains and furniture at least 2 feet from electric baseboards or portable heaters?</p>		
	<p>Do carpets/rugs lie flat on the floor and stay put?</p>		

Safety Tip Sheet

Living Room/ Family Room



Is there a light easily accessible to turn on in a dark room?

If not...

Place a lamp near the door

Install light switches beside the doorway

Replace existing switch with a "glow switch" that can be seen in the dark

Use an extension that activates by light by an auditory signal such as a loud clap



Are lamp cords, extension cords, and phone cords in good repair and out of the way of foot traffic?

If not...

Throw away frayed cords and replace with new ones

Arrange furniture so that outlets are visible without extension cords

Use electric cord fasteners or plastic ties to keep cords out of the way

Place long cords out of the way by putting against a wall or underneath furniture



Are walkways free of objects or clutter?

If not...

Keep all walkways and hallways free of furniture or other objects

Dispose of newspapers and magazines regularly

Rearrange furniture so you do not have to turn to avoid objects when you walk across a room

Remove items that are difficult to see like coffee tables, floor lamps and standing vases

Place decals at eye level on sliding glass doors, and on furniture with large glass panes to identify the glass

Safety Tip Sheet

Living Room/ Family Room



Is your fireplace or wood stove maintained yearly?

If not...

Have a fireplace and/or wood stove cleaned and checked for damage each year before use

Equip fireplace with a screen to catch sparks, and close screen when fireplace is in use.

Do not leave your relative alone in a room when the fire place or stove is in use

Do not burn trash, including newspaper, in fireplace or stove

If your relative uses the fireplace or stove in a dangerous way, disable or remove it

Are your curtains and furniture at least two feet from electronic baseboards or portable heaters?



If not...

Prevent fires by moving curtains at least two feet from heat sources

Measure 2 feet from heat source and mark the area with red tape place on the floor to deter your relative from standing too close

Make sure nothing can fall on the heater

Do Carpets / Rugs lie flat on the floor and stay put?

WELCOME

If not...

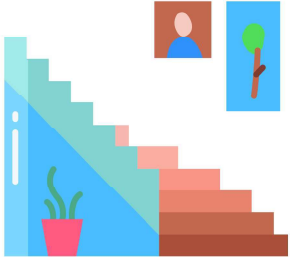
Track down edges with carpet tracks, double-faced adhesive carpet tape or Velcro

Use a rubber mat underneath area rugs

Remove rugs and runners that slide and cannot be anchored

For bare floors, make sure there is good traction for walking or pacing. Use non-skid floor wax or leave floor unpolished

Safety Checklist Stairways



Yes

No



Is each stairway adequately lit so that each step, particularly the edges, can be seen?



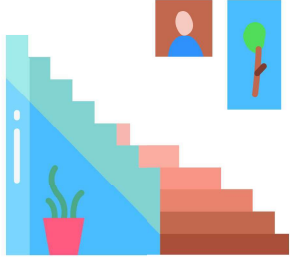
Do stairways have sturdy handrails that run the full length of the stairs and slightly beyond the steps on both sides?



Are all of the steps in good repair (no nails sticking out, not loose, broken, missing in places)? Worn treads and loose carpeting can cause falls.

	Yes	No
Is each stairway adequately lit so that each step, particularly the edges, can be seen?		
Do stairways have sturdy handrails that run the full length of the stairs and slightly beyond the steps on both sides?		
Are all of the steps in good repair (no nails sticking out, not loose, broken, missing in places)? Worn treads and loose carpeting can cause falls.		

Safety Tip Sheet Stairways



Is each stairway adequately lit so that each step, particularly the edges, can be seen?



If not...
Increase lighting. Add a light fixture if there isn't one.
Use maximum bulb wattage allowed by light fixture. If you do not know the correct size, use a bulb no larger than 60 watts.
Reduce glare by using frosted bulbs.
Consider installing light switches at both the top and bottom of stairs.
Keep flashlights at the top and bottom of stairs.
Mark the edges of each stair with non-skid strips in a contrasting color. White or a reflective tape is best at night.
If planning to carpet steps, use a low pile, commercial type of carpet.
Paint edges of outdoor steps.

Do stairways have sturdy handrails that run the full length of the stairs and slightly beyond the steps on both sides?



If not...
Repair or install handrails.
Install handrail at least on the right hand side of stairs as you face down.
Even one stair needs a handrail.
Use handrail each time you go up or down the stairs.

Are all of the steps in good repair (no nails sticking out, not loose, broken, missing in places)? Worn treads and loose carpeting can cause falls.



If not...
Tack or tape down loose carpet.
Replace worn coverings.
Place non-skid treads or strips on all steps.
Repair stairs.