



## Home Safety Checklist

- ☐ Keep your doors locked.
- ☐ Use a peephole in the front door.
- ☐ If you live alone, arrange for daily contact with a neighbor, relative, etc.
- ☐ Clearly post emergency numbers. Teach children how to call **9-1-1**, etc. for help.
- ☐ Stock first aid supplies. In case of accidental poisoning, call the Poison Control Center (800.222.1222) for advice.
- ☐ Install smoke alarms and a carbon monoxide detector. Check them every 6 months. Keep a fire extinguisher handy.
- ☐ Never smoke in bed or when you feel drowsy. Better yet, don't smoke at all!
- ☐ If you use a space heater, make sure it has an emergency shut off.
- ☐ Plan an escape route in case of fire. Practice it with all household members every couple of months.
- ☐ Keep flashlights handy.
- ☐ Use night lights.
- ☐ Keep stair areas well lit.
- ☐ Have snow and icy patches cleared from the sidewalk and steps.



*After calling 9-1-1, unlock the door so EMS personnel can get in quickly.*

- ☐ Be careful or stay home if it is icy or slippery outside.
- ☐ Monitor your medication use. Let your doctor know if medicine(s) affect your vision, balance, etc. If prescribed sedatives or tranquilizers, be careful when you take them. They can increase the risk of falls.
- ☐ Don't get up too quickly after lying down, resting, or eating a meal. Low blood pressure can cause dizziness.
- ☐ Wear nonslip, snug-fitting shoes and slippers.
- ☐ Use safety mats or nonskid tape in your tub and shower. Install grab bars in the shower and tub, too.
- ☐ If you use a shower bench, use one with rubber tips on its legs.
- ☐ Before getting in the tub, test the bath water. Make sure it is not too hot.
- ☐ Never lock the bathroom door.
- ☐ Use a cane or walker, if necessary.
- ☐ Install handrails on both sides of the stairs. Keep clutter off stairs.
- ☐ Don't use loose area rugs. See that carpet on stairs is nailed down securely.
- ☐ Arrange furniture so there is a clear path for walking. Test if furniture is sturdy enough to lean on.
- ☐ Clear away phone or electrical wires from walk paths.
- ☐ Use a step stool with a safety rail.
- ☐ Be alert to spills or wet floors.
- ☐ To pick up things, bend at your knees and keep your back straight. Don't stoop.