

Home Safety Checklist



Home and recreation-related injuries account for significant numbers of emergency department visits. Injuries at home and at play can be prevented.

LIGHT THE WAY!

- Keep flashlights handy.
- Have extra batteries, too.
- Use night lights.
- Keep stair areas well lit.

BATHROOM SAFETY TIPS

- Supervise young children.
- Use safety mats or nonskid tape in your tub and shower.
- Install grab bars in the shower, tub, and next to the toilet.
- 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.

HOME SAFETY CHECKLIST

- If you live alone, arrange for daily contact with a neighbor or relative.
- Clearly post emergency numbers. Teach children how to call 9-1-1 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.
- 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.
- Wear nonslip, snug-fitting shoes and slippers.
- Have snow and icy patches cleared from the sidewalk and steps.
- Be alert to spills or wet floors.
- Don't get up too quickly after lying down, resting, or eating a meal. Low blood pressure can cause dizziness.
- Keep clutter off stairs.
- Arrange furniture so there is a clear path for walking. Test if furniture is sturdy enough to lean on.
- Use a step stool with a safety rail.
- To pick up things, bend at your knees and keep your back straight.

