

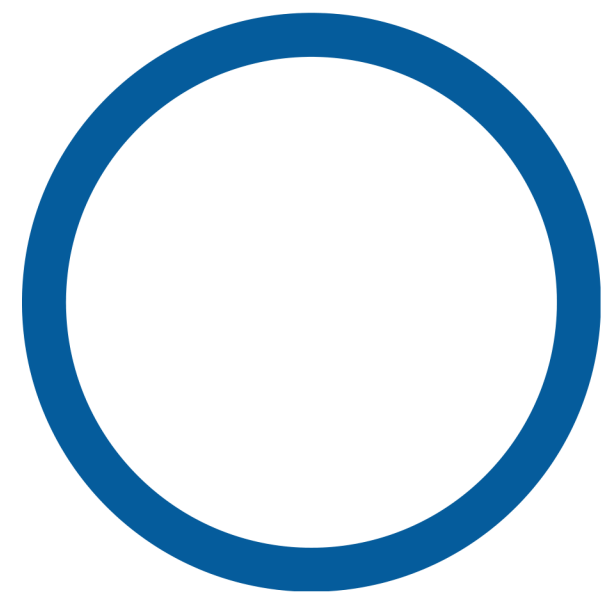
HOME SAFETY CHECKLIST

Use this checklist to ensure a safe home

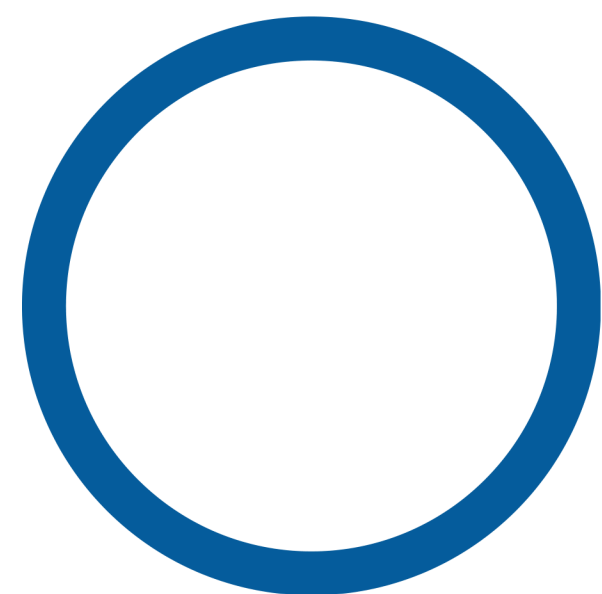


GENERAL SAFETY

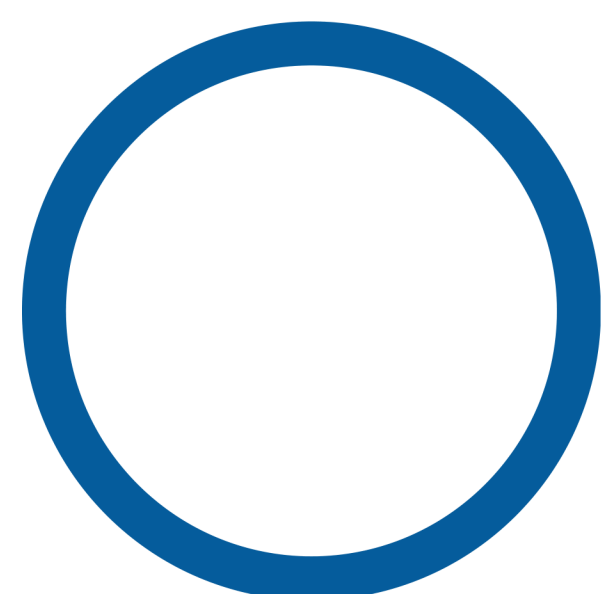
Have you checked everything?



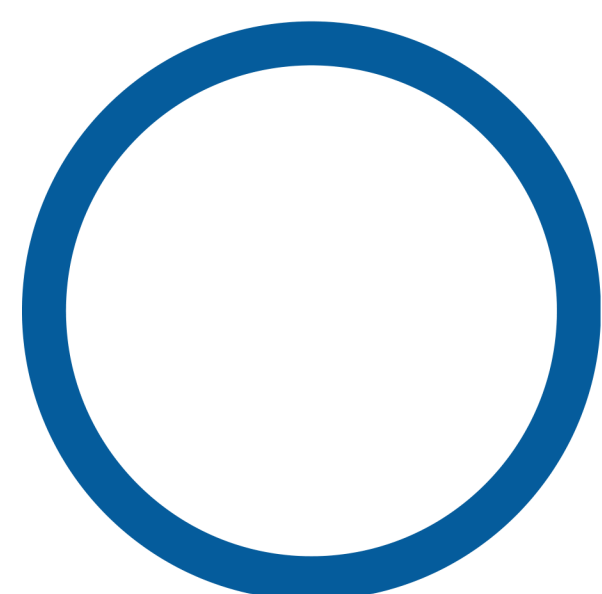
Keep a list of emergency contacts by each phone, including family, friends, and emergency services.



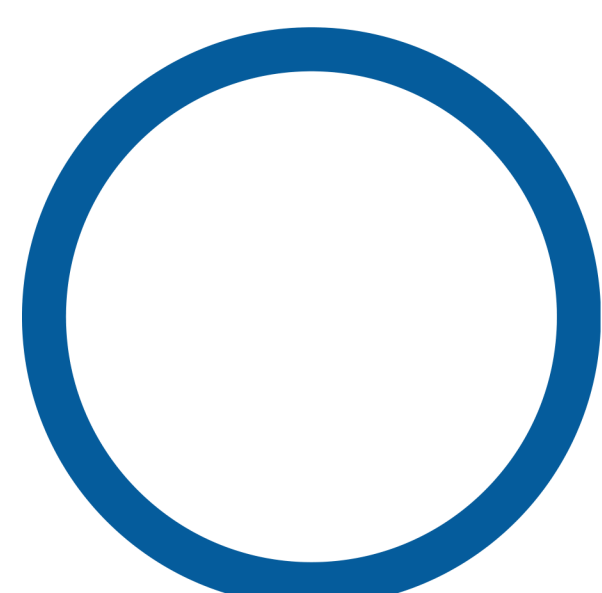
Arrange for someone to check on you regularly, either in person or via phone. commas and full-stop breaks need to be.



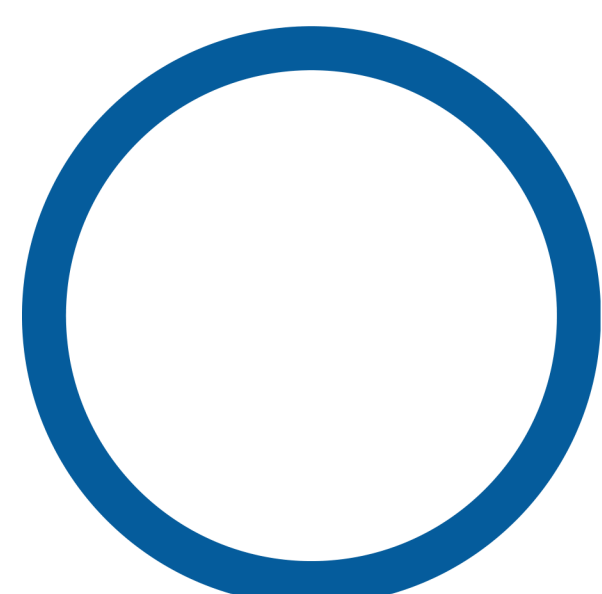
Discuss medications with your physician to understand their effects on balance and cognition.



Schedule regular vision check-ups to ensure optimal eyesight.



Establish a light exercise routine to maintain balance and strength.

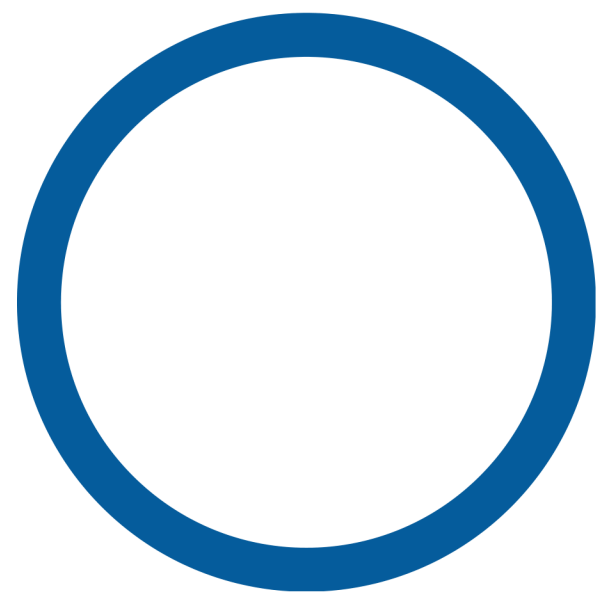


Ensure doors and windows are locked securely, and consider installing a security system or doorbell camera for added safety.

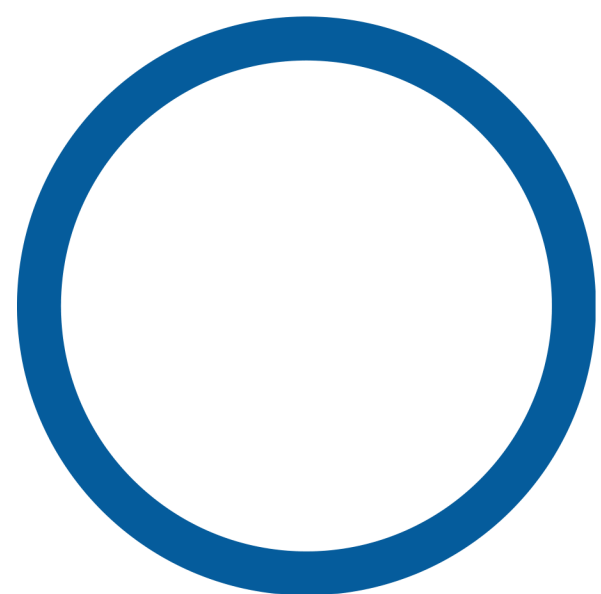
KITCHEN



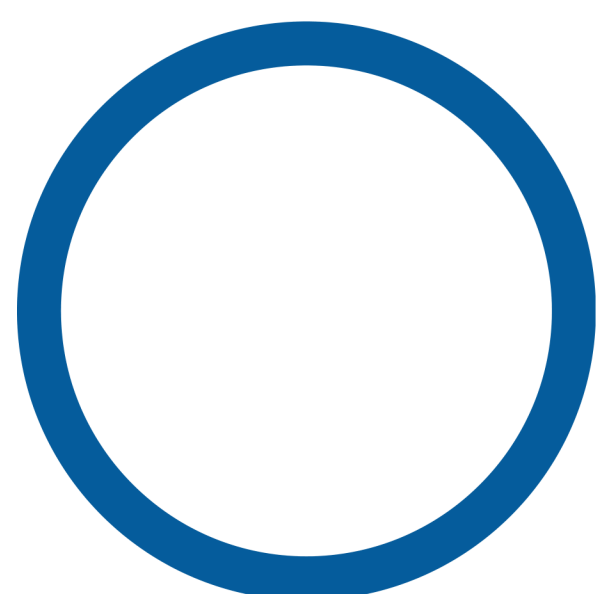
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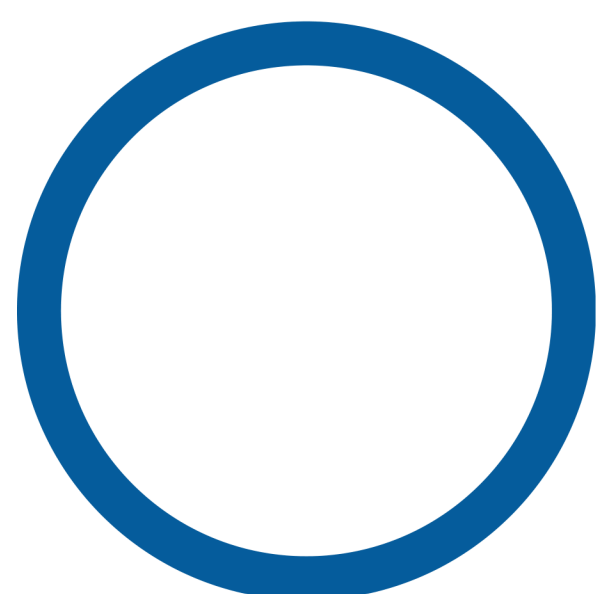
Ensure frequently used items are within easy reach to avoid using stools or ladders.



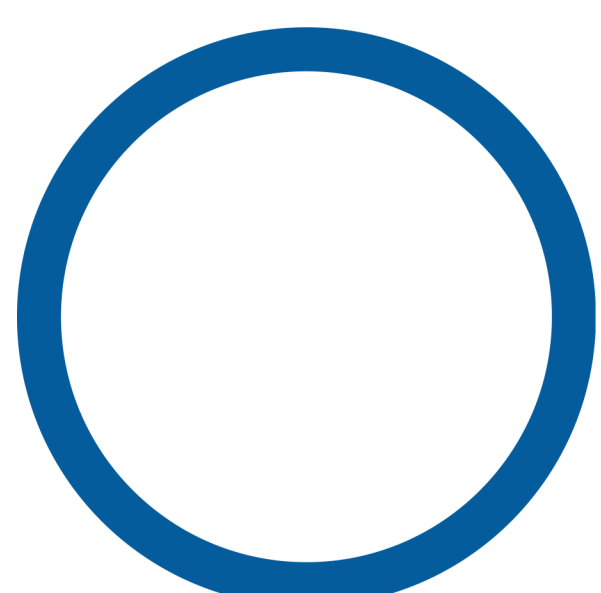
Regularly stock the refrigerator with nutritious food and discard expired items.



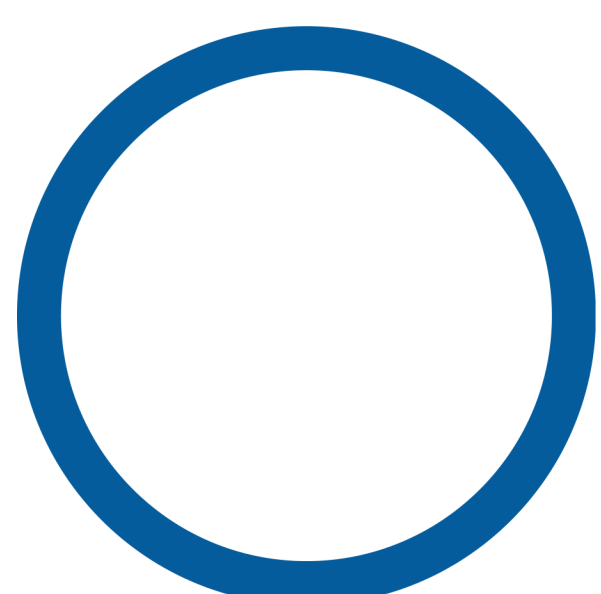
Create a sitting area for food preparation to prevent fatigue.



Repair any cracks, slips, or upturned edges in the flooring to prevent tripping.



Ensure all appliances are in good working order and cords are not frayed or damaged.

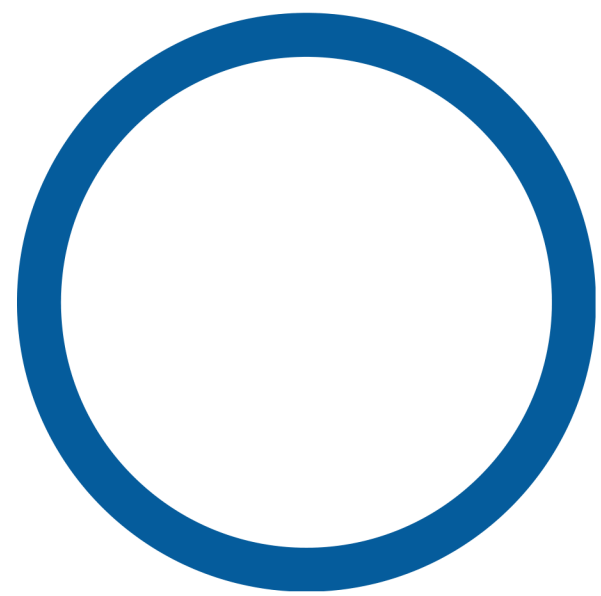


Keep a fire extinguisher in the kitchen and know how to use it.

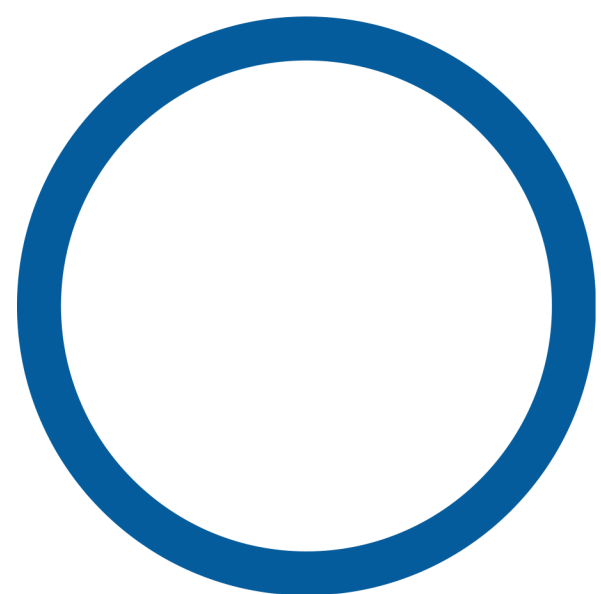
LIVING AREAS



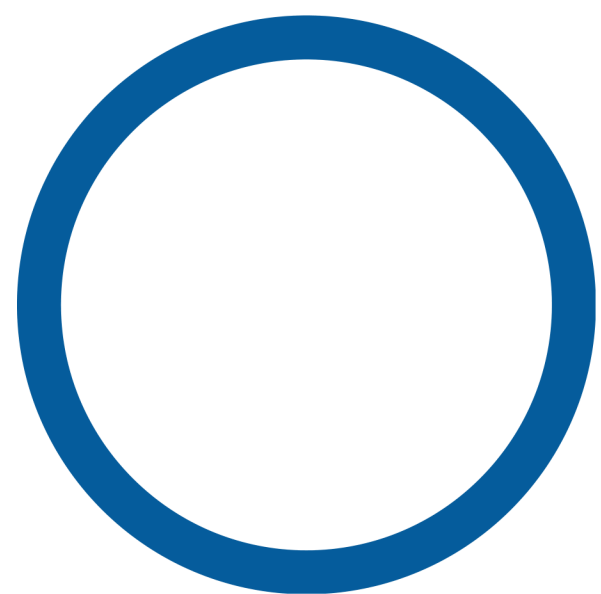
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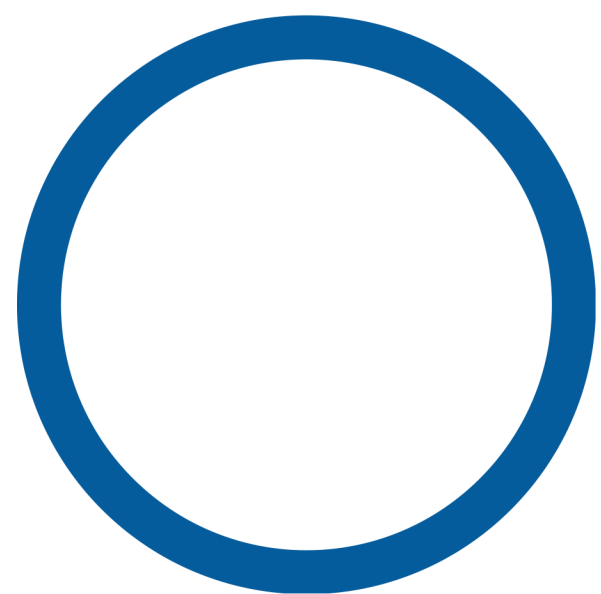
Repair loose carpeting and remove rugs without non-slip backing.



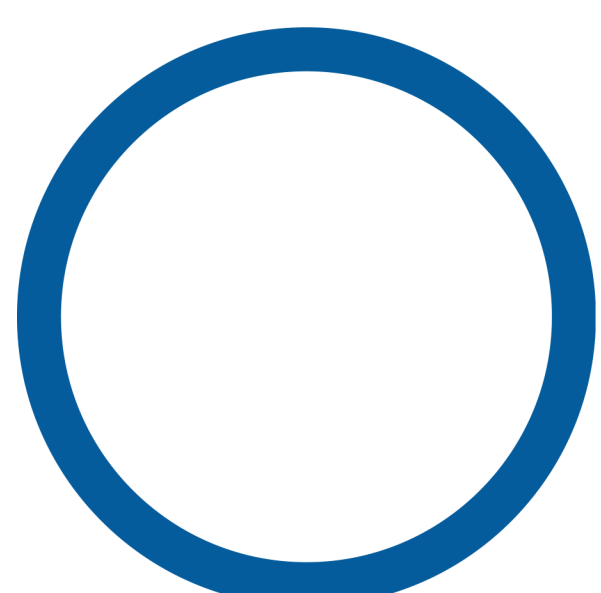
Clear traffic areas of furniture and clutter to create clear walking paths.



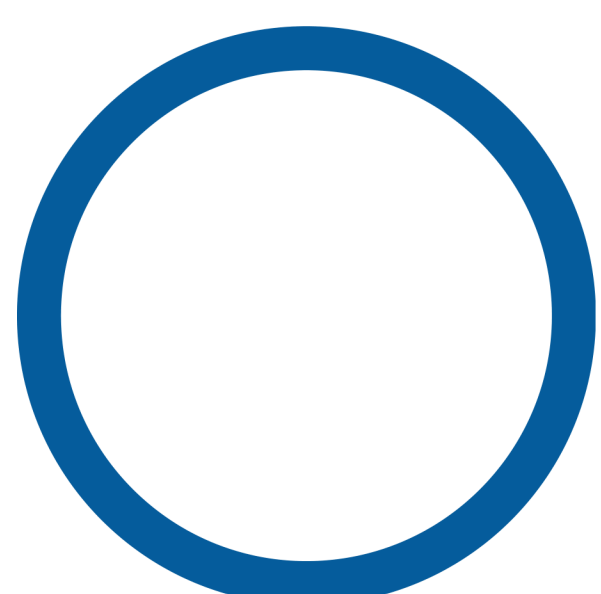
Secure electrical cords and other wires against walls to prevent tripping.



Install bright lighting with accessible switches and ensure all bulbs are working.



Place telephones on tables at an easy-to-reach height.

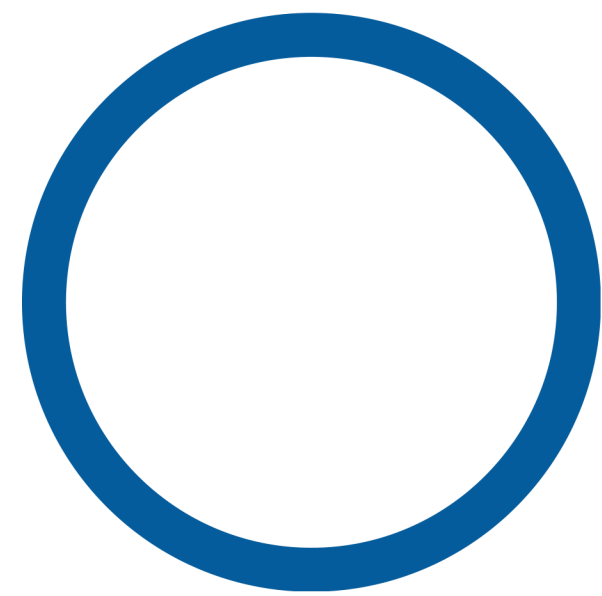


Ensure furniture is stable and cannot tip over easily.

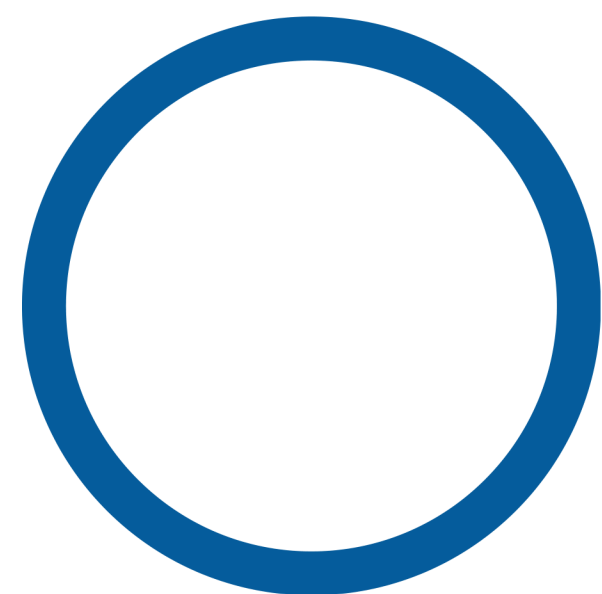
STAIRS AND INCLINES



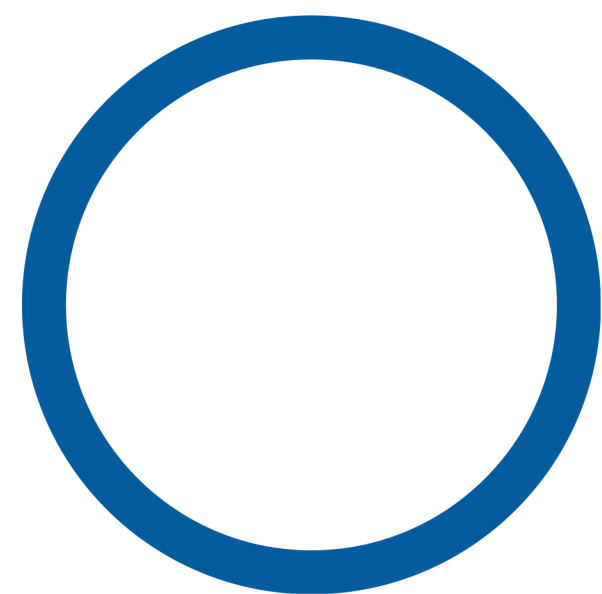
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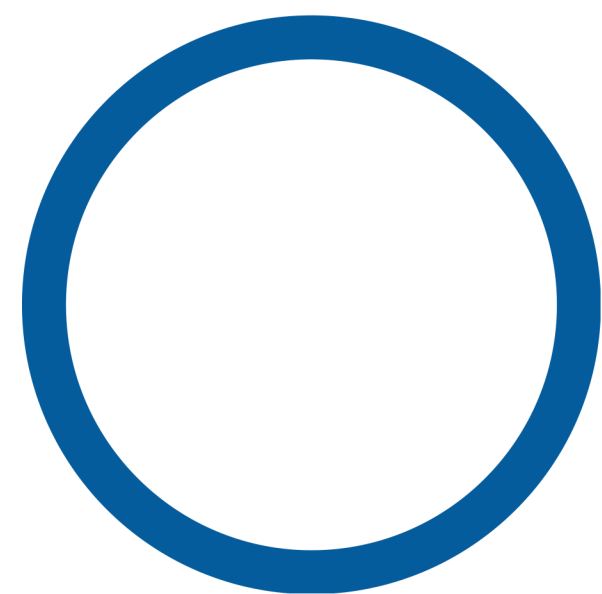
Remove all clutter from stair pathways.



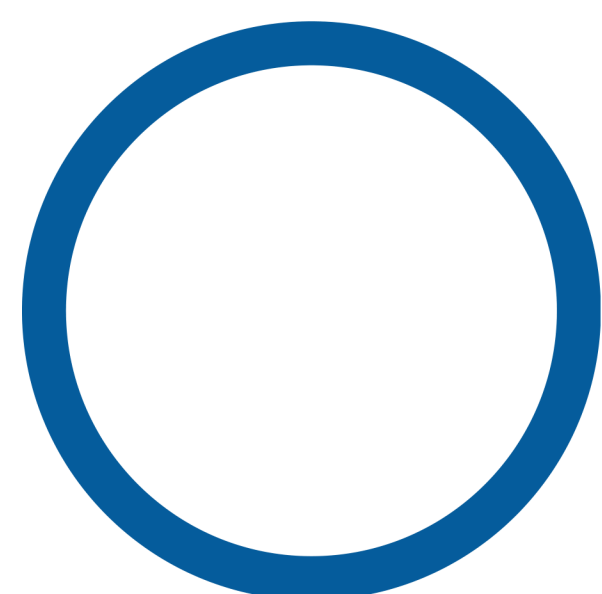
Install sturdy handrails on both sides of stairs at proper heights.



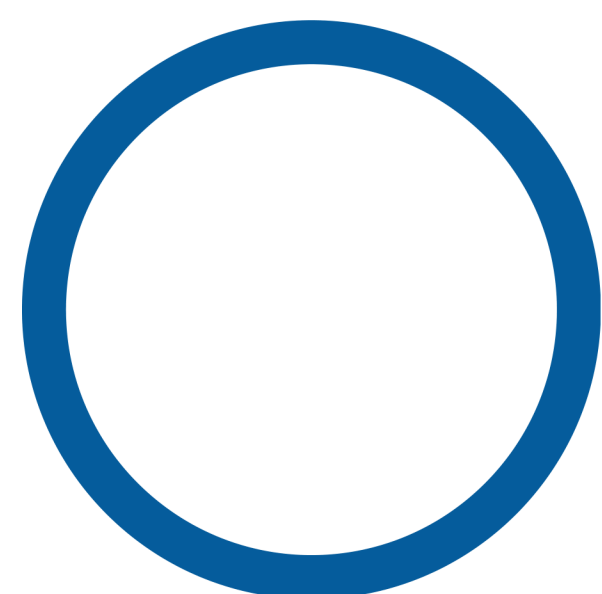
Ensure proper lighting on stairs with switches at both the top and bottom.



Remove or secure any loose carpeting on stairs to avoid tripping.



Apply non-slip treads to stairs to improve traction.

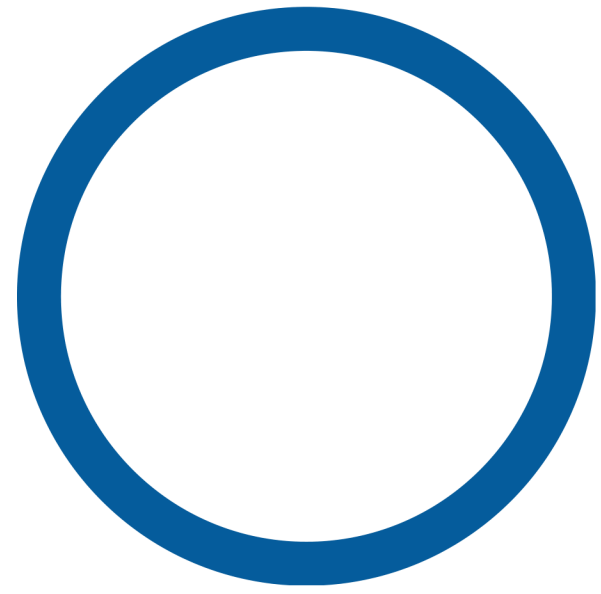


Have an emergency plan for getting help if a fall occurs on the stairs.

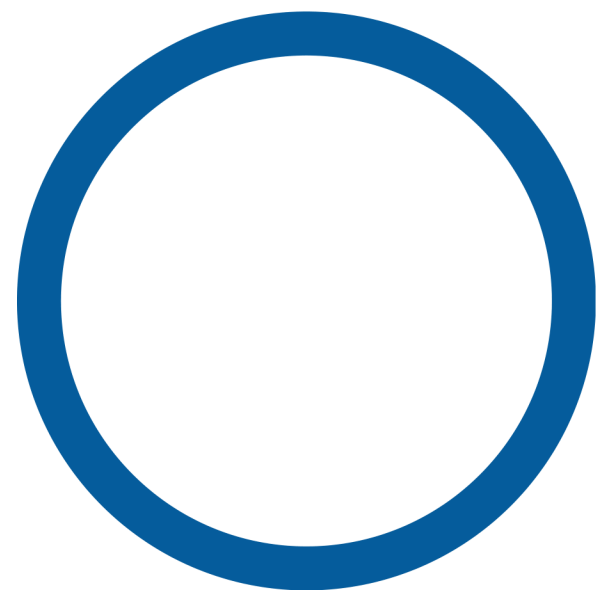
BEDROOMS



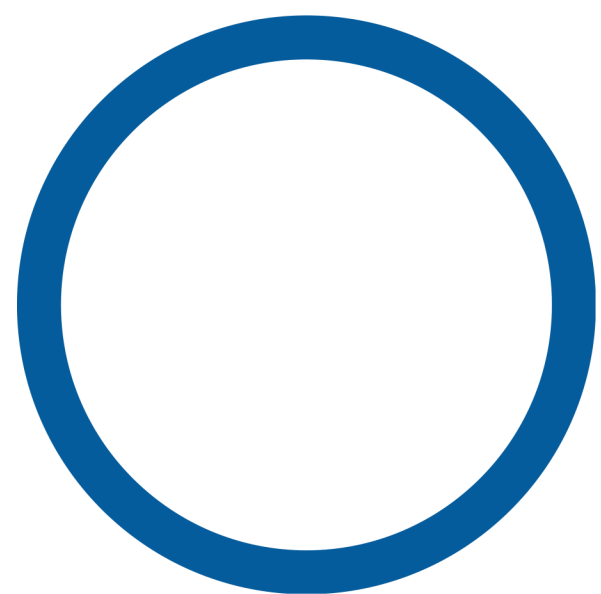
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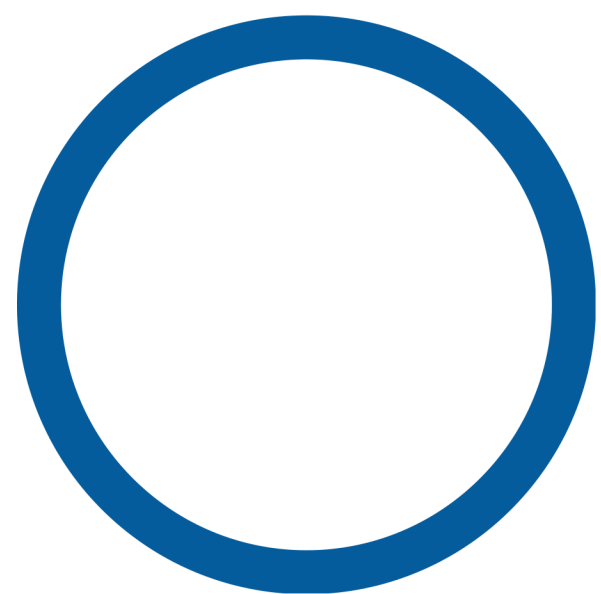
Ensure the path from the bedroom to the bathroom is clear of obstacles.



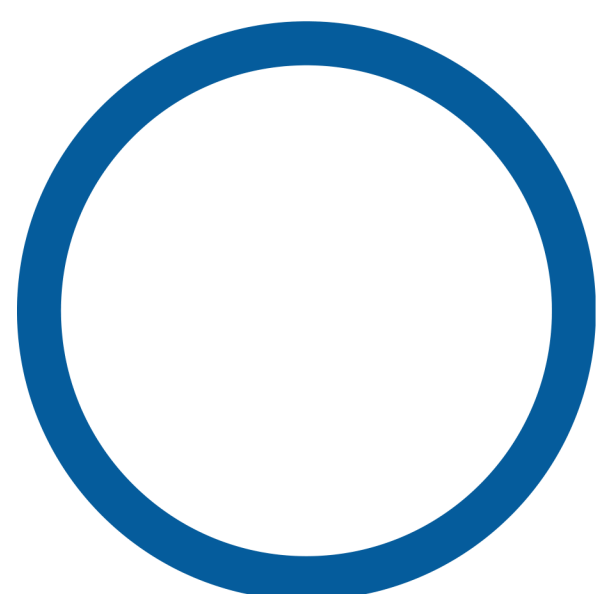
Place a light within easy arm's reach of the bed.



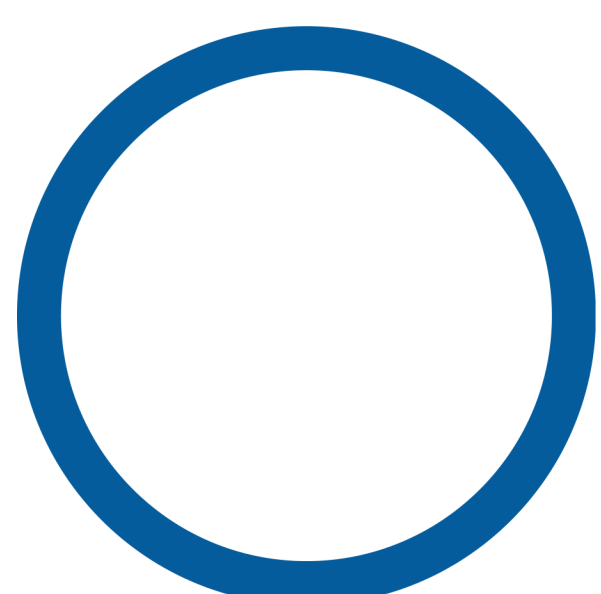
Position closet shelves between waist and shoulder height for easy access.



Place nightlights in the bedroom and hallway to improve visibility at night.



Ensure the bed is at a comfortable height to get in and out of easily.

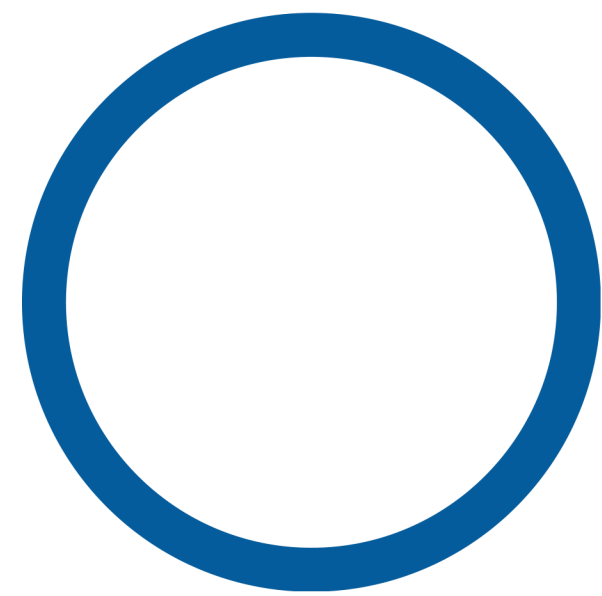


Consider installing an emergency button or phone near the bed.

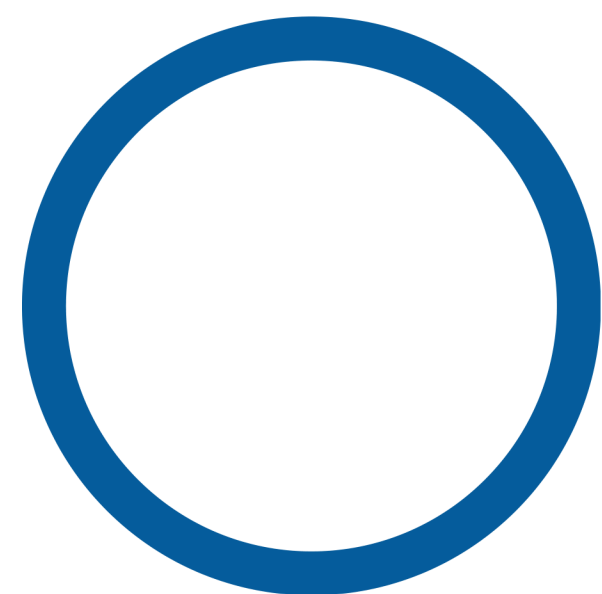
BATHROOMS



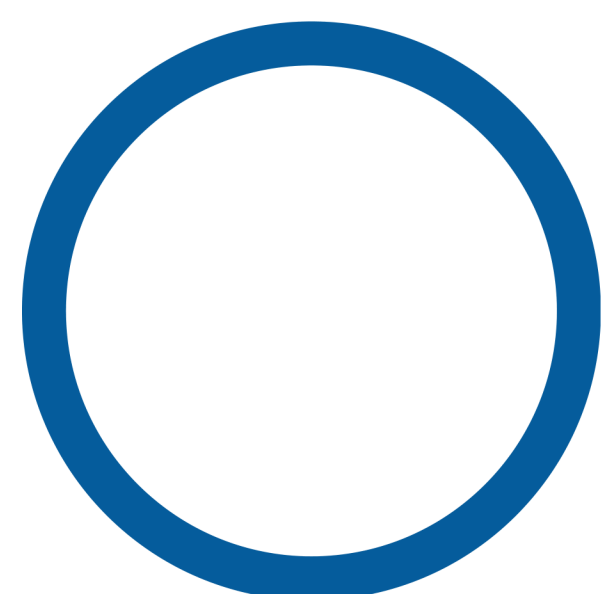
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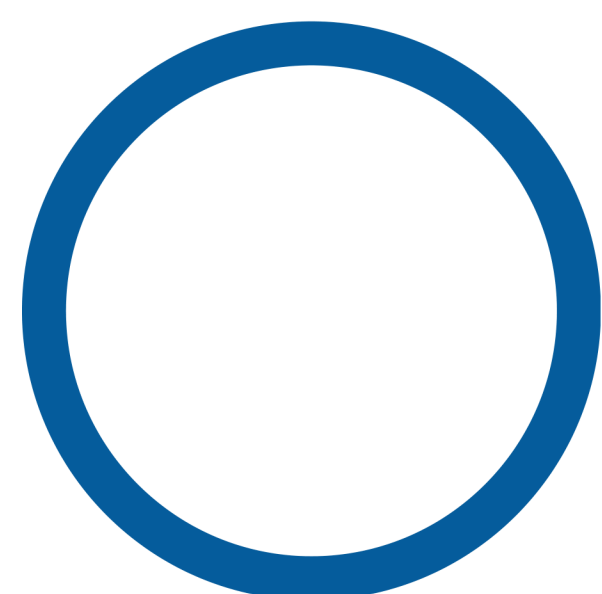
Install non-slip surfaces in the tub or shower.



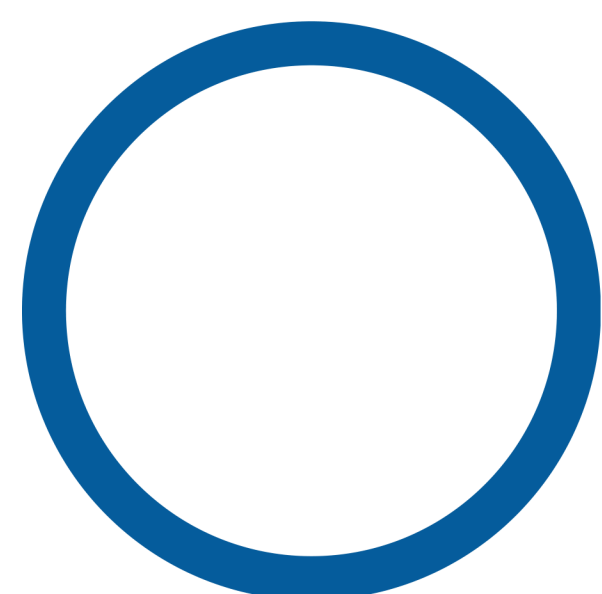
Place a nightlight near the room entrance for visibility during the night.



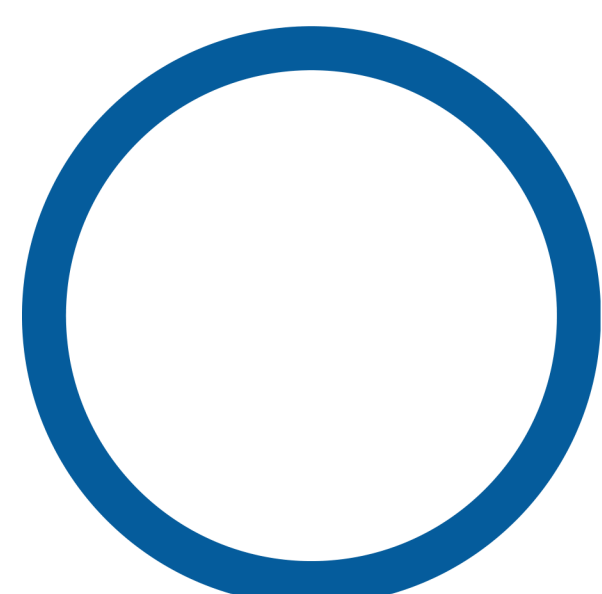
Remove or ensure rugs and bath mats have non-slip backing.



Install grab bars near the tub, shower, and toilet, ensuring they are securely mounted.



Add a bench or seat in the shower or tub for safer bathing.

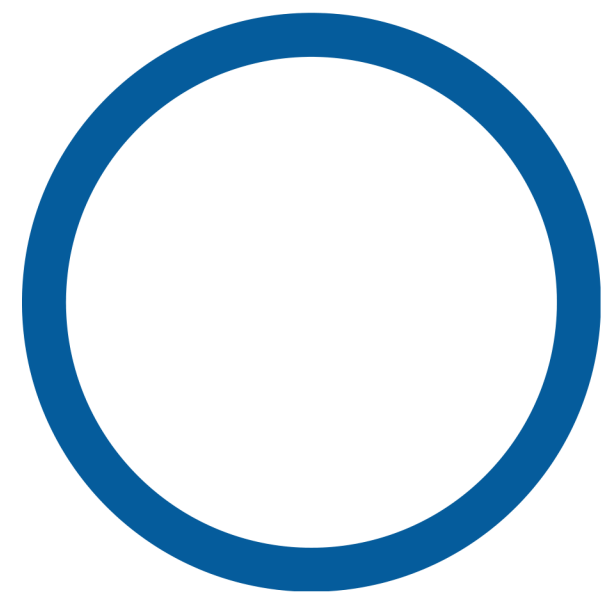


Consider installing a raised toilet seat with handrails for easier access.

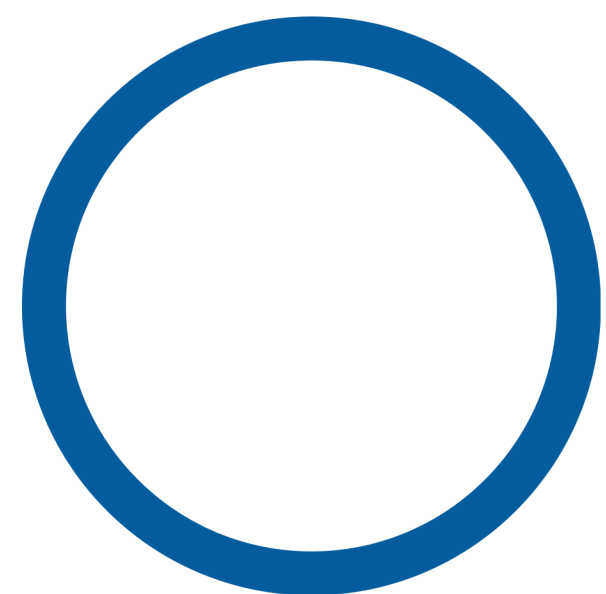
OUTDOOR AREAS



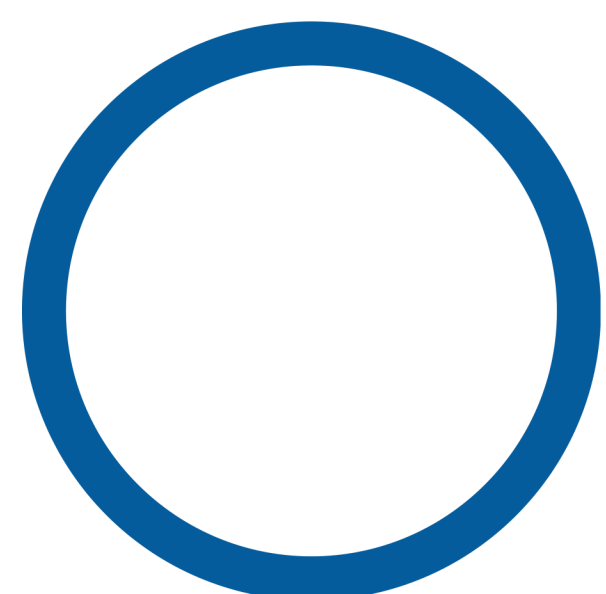
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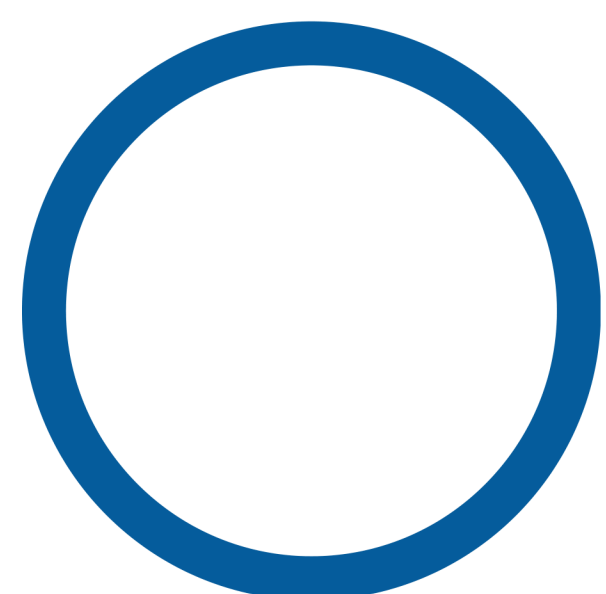
Keep walkways clear of debris, leaves, and snow. Ensure they are well-lit.



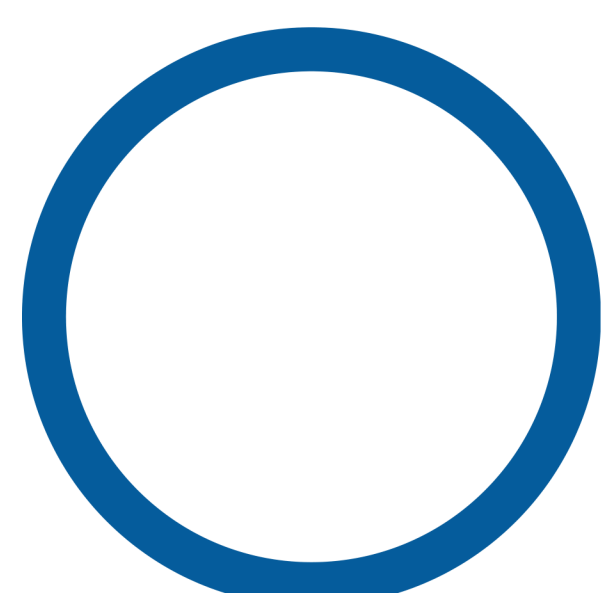
Install ramps where necessary, ensuring they are slip-resistant and have handrails



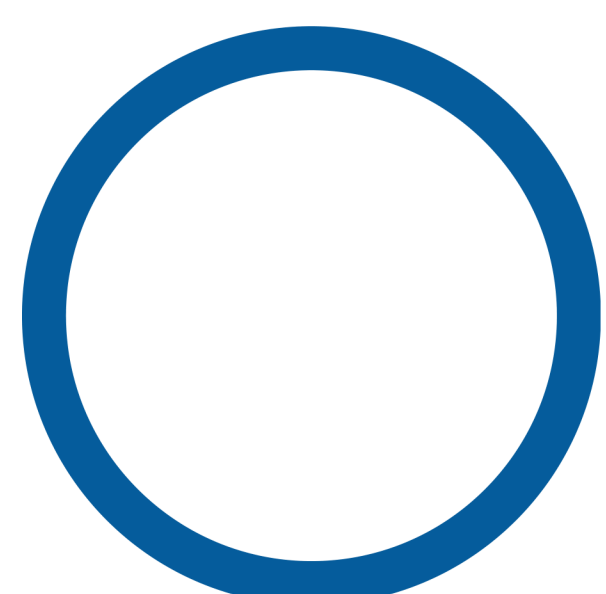
Keep the garage organized, with tools and equipment stored safely and out of the way.



Ensure all outdoor steps have sturdy handrails.



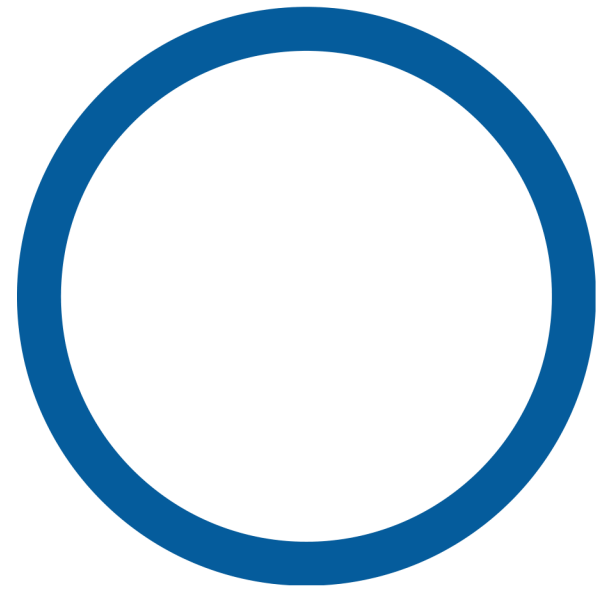
Install motion-sensor lights for better visibility at night.



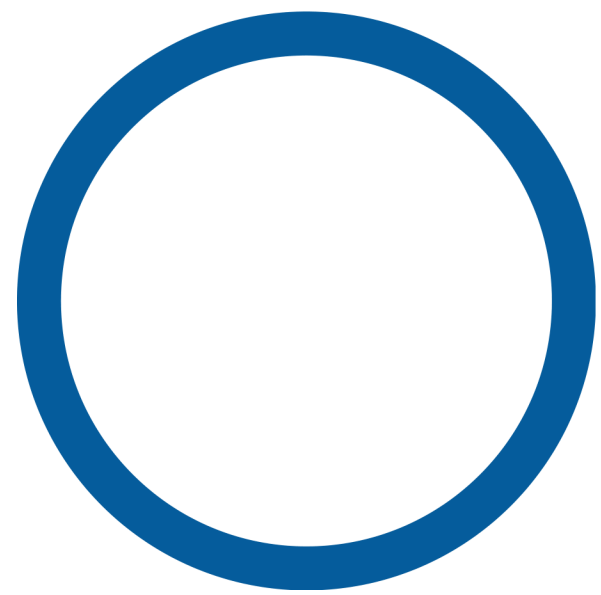
Store garden tools properly to avoid tripping hazards.

ADDITIONAL TIPS

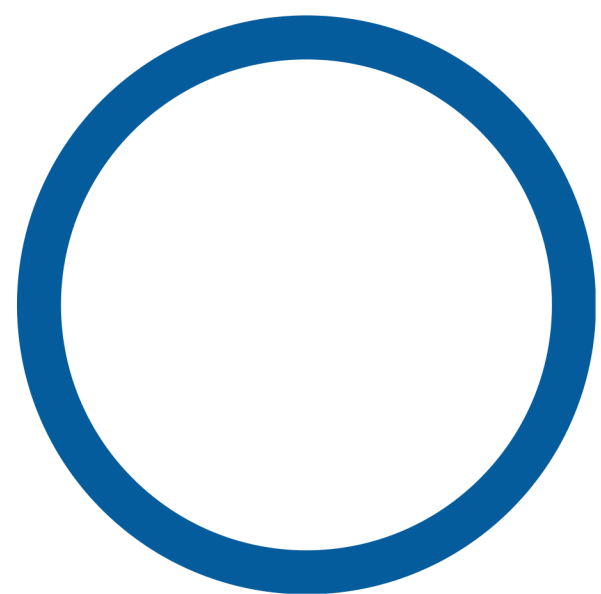
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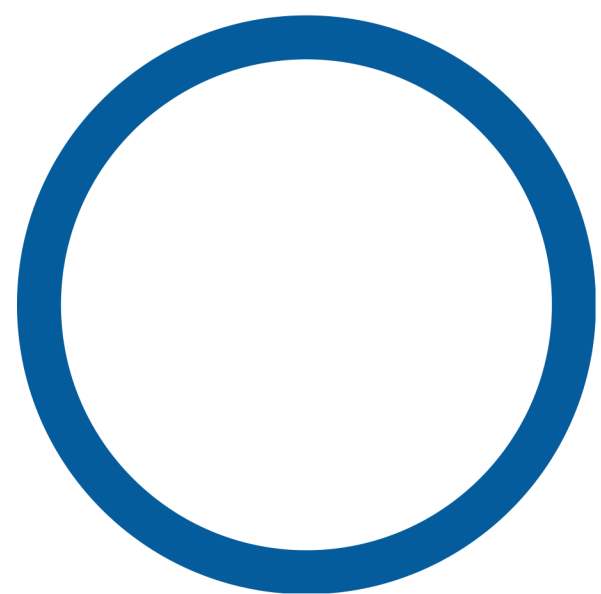
Install smoke detectors in every room and test them regularly.



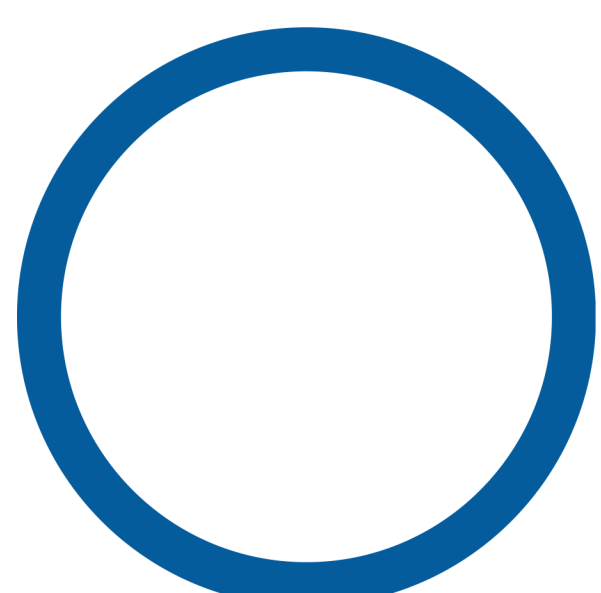
Install carbon monoxide detectors near sleeping areas and test them regularly.



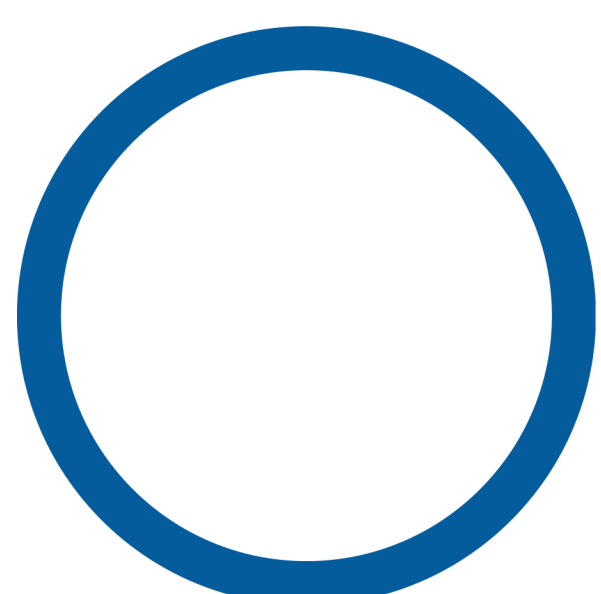
Keep fire extinguishers in accessible locations, such as the kitchen and garage, and ensure everyone knows how to use them.



Have heating systems inspected annually to prevent carbon monoxide buildup and ensure efficiency.



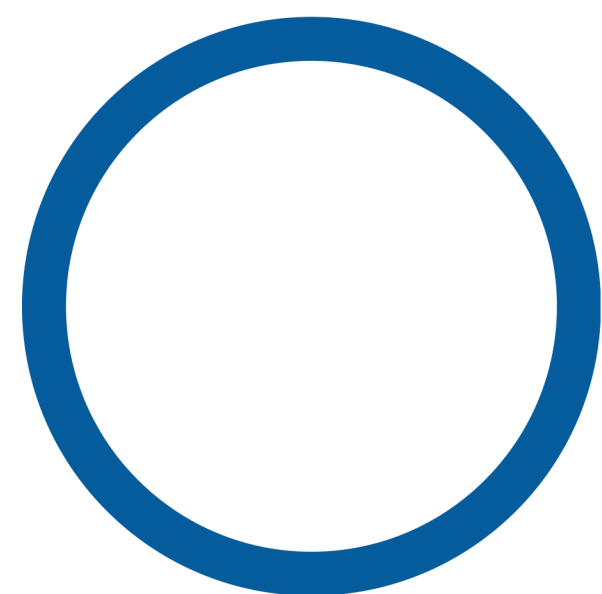
Develop and practice a home escape plan in case of fire or other emergencies.



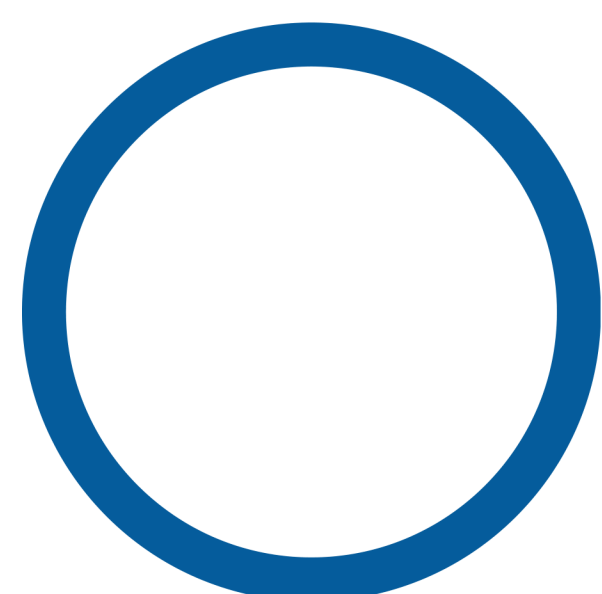
Check all electrical outlets and appliances for damage and have them repaired or replaced as needed.

EMERGENCY PREPAREDNESS

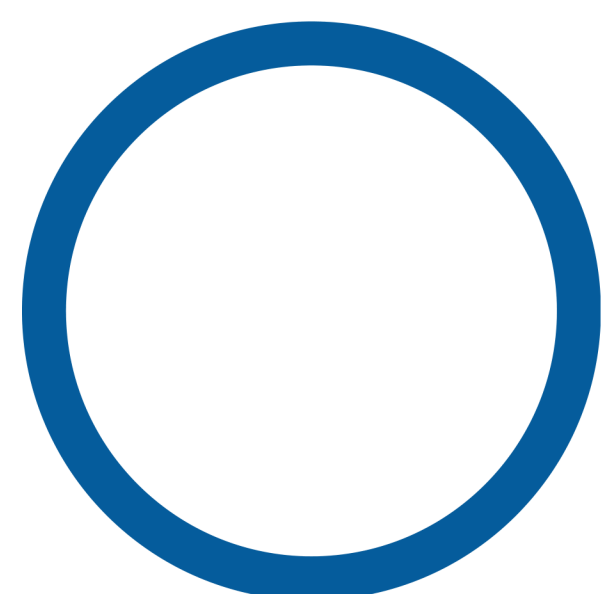
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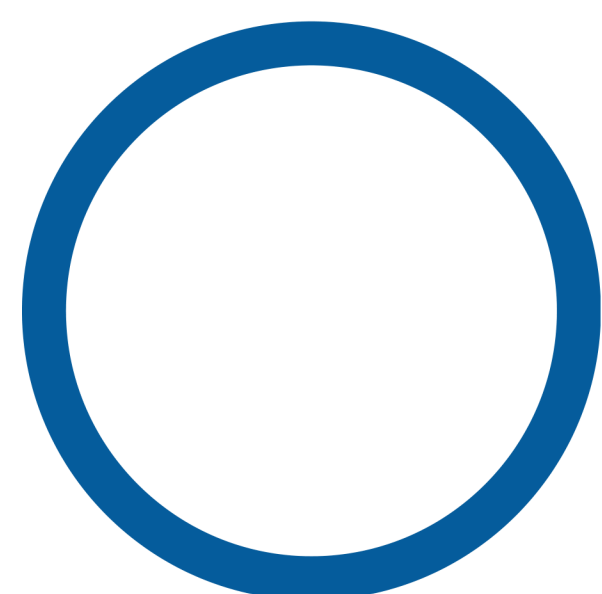
Develop an emergency evacuation plan and practice it regularly.



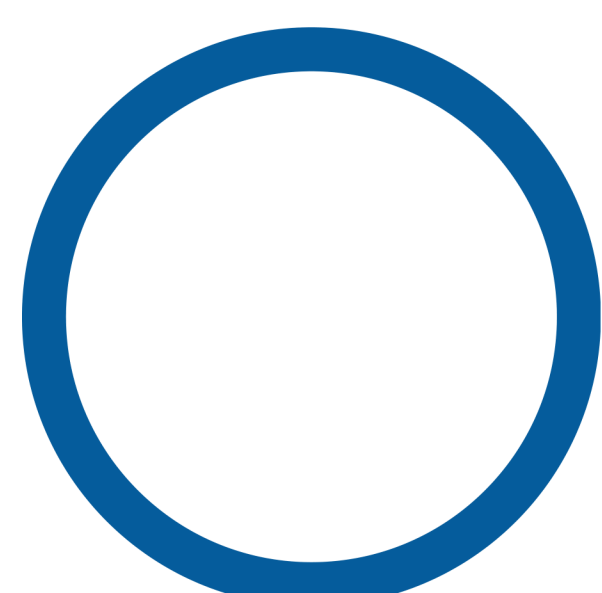
Keep a list of current medications and medical conditions easily accessible for emergency responders.



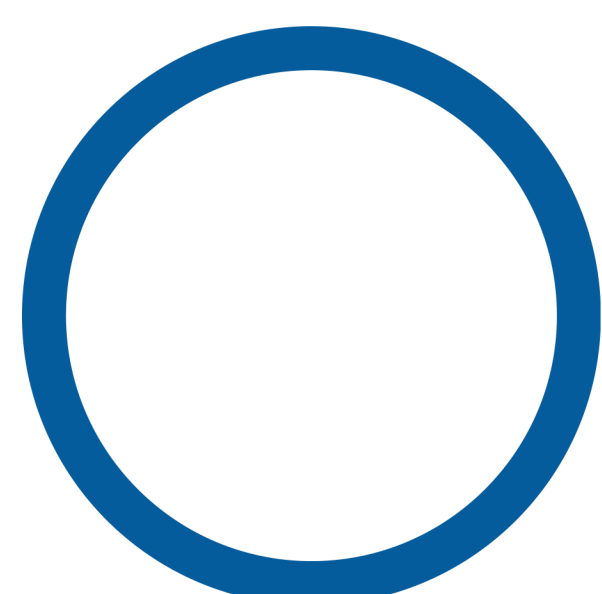
Consider installing an alarm system that includes emergency response features.



Keep a well-stocked first aid kit in an easily accessible location.



Have a backup power source available, such as a generator, in case of power outages.



Sign up for local weather alerts to stay informed about severe weather conditions.



2024-2025