

**These home safety instructions are provided to assist you in identifying safety hazards in your home. To prevent accidents, you should correct any hazards you identify:**

## **Environmental Safety**

### **Walkways**

- Remove throw rugs whenever possible to avoid tripping.
- If you can't remove throw rugs, use rugs with non-skid backing to avoid slipping.
- Repair or replace torn carpeting to avoid tripping.
- Make the transition between types of flooring as even as possible and secure to prevent tripping.
- Avoid waxing wood or linoleum floors to prevent slipping.

### **Stairs**

- Rise between steps should ideally be no more than 5 inches.
- Make sure handrails are well anchored on both sides of the stairway.
- Non-skid treads can be placed on wooden stairs to prevent slipping.
- Make sure carpeting on stairs is secure.

### **Furniture Layout**

- Arrange furniture so that pathways are not cluttered.
- Chairs and tables need to be sturdy and stable enough to support a person leaning on them.
- Avoid furniture with sharp edges and corners – if furniture does have sharp edges or corners, pad them.
- A chair with arm rests and high backs produce more support when sitting and more leverage when getting in and out of the chair.

### **Lighting**

- Be sure that your lighting is ample to prevent falls and to assure that you can read medication labels and instructions easily.
- Light switches should be immediately accessible upon entering the room.
- Good lighting in hallways, stairs and bathrooms is especially important.

### **Medicines**

- Keep medicines out of the reach of children.
- Dispose of expired medicines properly.

### **Sliding Glass Doors**

- Mark sliding glass doors with stickers to prevent someone from walking through the glass.

## **Bathroom Safety**

### **Bathtub & Shower**

- Install skid-resistant strips or rubber mat.
- Use a bath seat if it is difficult to stand during a shower or too difficult to get up out of the tub.
- Install grab bars on the side of the tub or shower for balance.
- DO NOT use the soap dish or towel bars for balance – these can pull out of the wall very easily.
- Adjust water temperature to 120° or less, to prevent scalding.

### **Toilet**

- Use an elevated toilet seat or commode if you need support getting on and off the toilet.
- Install grab bars around the toilet if you require assistance sitting or standing.

### **Doors**

- Avoid locking bathroom doors or use only locks that can be opened from both sides when you may need assistance in the bathroom.

## **Kitchen Safety**

- Store frequently used items at waist level – use a reacher or grabber to avoid standing on a chair or footstool when items are not at eye level.
- Mark "ON" and "OFF" positions clearly on the dials on the stove.
- Use the front burners of the stove to avoid reaching over burners.
- Make sure pan/pot handles are not over other burners' or not over the edge of the stove.
- Slide heavy pans across the stove instead of trying to lift them.
- Keep baking soda near the stove to extinguish small cooking fires and keep a fire extinguisher in the kitchen if possible.
- Make sure the sleeves of your clothing are not loose or dangling while cooking – they could easily catch fire.
- Tables with 4 legs are more stable than pedestal – type tables.