



Home Safety Checklist

1. Install smoke and carbon monoxide alarms throughout your home.
2. Have an emergency plan and pre-arrange for a family member or caregiver to help you escape the home in a fire, if needed.
3. Make sure walking surfaces are flat, slip resistant, free of objects, and in good condition to avoid falls.
4. Install ground fault circuit interrupters, or GFCIs, in potentially damp locations such as the kitchen, bathroom, garage, near utility tubs or sinks, and on the exterior of the house to protect against electrocution.
5. Keep a fire extinguisher handy in the kitchen in case of fire.
6. Have fuel burning appliances, including furnaces and chimneys, inspected by a professional every year to make sure they are working properly and not leaking poisonous carbon monoxide.
7. Make sure all medications are stored in child resistant enclosures and are clearly marked to prevent children from accessing the medications and being poisoned.
8. Keep ashtrays, smoking materials, candles, hot plates, and other potential fire sources away from curtains, furniture, blankets, and other combustibles.
9. Set your hot water heater to no more than 120 degrees Fahrenheit to help prevent burns.
10. Make sure there is good lighting inside and outside your home to help prevent falls.

These ten simple steps can make your home into a safe haven for the young and old and possibly save someone's life. For more detailed information or if you would like me to come to your home and do a safety check with you, just give me a call or send an email to set up an appointment.

This information is brought to you by the Consumer Product Safety Commission.

Safety for Older Consumers—

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