

Home Safety Checklist for Senior Citizens

Fall and Fire Prevention

Falls are the most common of home accidents: falls from ladders or stairs and trips or slips on floors or sidewalks. Senior Citizens are most likely to be the victims of falls. Falls in the home cause over 6100 deaths each year.

Fires and burns are second in frequency of home accidents. Actual burns or asphyxiation from smoke or toxic fumes are the major problems. Senior Citizens are frequent victims. Fire and burns in the home cause over 3900 deaths each year.

The following checklist designed to help eliminate some of the major causes of falls and fires in the home. Please take a moment to go through your home and identify hazards in your home so that you can correct them.

YES	NO	CORRECTED	<u>GENERAL SAFETY</u>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Emergency numbers in large print are placed near each telephone.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The "File of Life" is updated and placed on the refrigerator.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Telephone or personal contact is made with a friend, neighbor or relative daily, so someone knows you are okay.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	There is a telephone near the bed.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Water temperature is set at 120 degrees or less.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	You have your furnace cleaned and serviced yearly.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Household chemicals and matches are properly stored - poisonous chemicals are kept away from foods.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cleaners, disinfectants and insecticides are stored in original containers.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Medicine cabinets are secured and checked regularly for outdated medications, which are disposed of properly.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Canes, walkers and wheelchairs are in good condition.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	You take the time needed and avoid rushing when moving around the home (to answer the phone or go to the bathroom) outside the home (to catch the bus, etc).

YES **NO** **CORRECTED**

FALL PREVENTION

All stairways are clear of objects which could cause a person to trip.

All stairways have a firmly anchored handrail.

All stairways are well-lighted.

All throw rugs are skid-proof and lay flat on the floor.

All carpets are securely anchored.

All entrance ways, exits, halls and walks are well-lighted.

Night lights are used to prevent stumbling around in the dark.

All walks, porches and doorways are clear of obstacles.

All hard-surfaced floors are clean and spills are wiped up immediately.

Proper footwear is worn to prevent slips, trips and falls.

Bath tubs and showers have non-skid strips or suction mats in them.

Grab bars are installed in bathtubs and showers.

Electrical cords and telephone cords are placed out of high-traffic areas.

Furniture is arranged so a path is clear for people to walk around the room safely.

The floor is kept clear of clutter (magazines, books, boxes, blankets, towels, shoes and other objects).

Frequently used kitchen items are kept on lower shelves.

A sturdy step-stool with a bar to hold on to (or handles) is available for reaching objects on high shelves.

SMOKE ALARMS

Your home has at least one smoke alarm on every level.

All smoke alarms are in good working order (clean, free of dust and grime).

All smoke alarms are less than 10 years old.

Smoke alarms are tested monthly.

Smoke alarm batteries are replaced every 6-12 months.

YES **NO** **CORRECTED**

CARBON MONOXIDE (CO) ALARMS

Your home has CO alarms near bedroom areas and family rooms.

Your CO alarms are approved by a testing laboratory, such as Underwriters Laboratory (UL), have a digital read-out of CO levels and have a manual reset button and test button.

Your CO alarms are dust-free and clean.

You test your CO alarms monthly.

You (and other members of your household) are familiar with the effects of CO poisoning (flu-like symptoms, headache, nausea, vomiting, fatigue, drowsiness, confusion, fast heart rate).

You (and other members of your household) are aware of possible sources of CO (gas stoves, water heaters, gas/oil furnaces, charcoal grills, gas space heaters, wood burning stoves, fireplaces, lawnmowers, pilot lights, car exhaust, tobacco smoke).

FIRE EXTINGUISHERS

Fire extinguishers are in the home and garage.

Fire extinguishers are easy to reach.

You know how to use fire extinguishers (PASS method).

Fire extinguishers are tipped upside down or lightly shaken at least once a year, to prevent contents from settling and solidifying.

EXITING & EMERGENCY PROCEDURES

You have a written evacuation plan and practice it.

You can identify two ways out of every room.

You know how and when to call 9-1-1 to report an emergency.

You have the address and phone number for your home written in large print near every telephone.

Your address is visible from the street and well lit.

Windows open easily and are not blocked.

YES **NO** **CORRECTED**

KITCHEN

Potholders and oven mitts (not towels) are used to move hot pots and pans.

Pot handles are turned inward on the stove when cooking
Towels and other combustibles are kept away from the
stove/oven.

You always attend to a stove or oven in use.

BEDROOMS

Working smoke alarms are near all sleeping areas.
A lamp is within easy reach of the bed.
UL tested and approved night-lights are used.

GARAGE

Flammable liquids are capped and stored in closed
metal/plastic containers.

Power tools and chemicals are locked inside a cabinet.
Oil-soaked rags are stored in tightly closed metal
containers.

Automobile is never running in the garage, even if the
garage door is open.

Home Modifications Needed:

- Grab Bars
- Smoke Alarms
- Carbon Monoxide Alarm
- Non-skid backing for rugs
- Other:

- Bath Mat
- Night Lights
- Batteries
- Safety Walk Tape