

# Home Safety

Environmental hazards in the home can lead to falls and injuries. The following suggestions may increase your safety at home.

## AREA



## RECOMMENDATIONS

### KITCHEN

#### Slip/Trip Hazards

- Remove throw rugs, runners, cords, and small objects.
- Use slip resistant mat at sink.
- Do not wax floors or use only nonskid wax.
- Tack down or tape carpet edges.
- Identify high threshold with florescent tape or remove.
- Repair torn flooring.

#### Lighting (dim, shadows, glare)

- Adjust curtains/blinds.
- Change light bulbs.
- Use night light.

#### Reaching/Bending

- Store commonly used items on lower shelf or on countertops.
- Store pots/pans on back burner or on hooks.

#### Step Stool (hazardous design, unsteady)

- Avoid using step stool.
- Purchase new step stool with handrail, wide step.

#### Chair (hazardous design, height, not sturdy)

- Remove wheels.
- Repair.

#### Table (moveable, not sturdy)

- Anchor against wall.
- Avoid table as support.
- Repair.

## AREA

## RECOMMENDATIONS




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**HALLWAYS/PASSAGEWAYS**
**Slip/Trip**

- Remove throw rugs, runners, cords, and small objects.
- Use nonskid mesh carpet backing.
- Tack down or tape carpet edges.
- Do not wax floors or use only nonskid wax.
- Clear pathways of furniture.
- Identify high threshold with florescent tape or remove.

**Lighting (dim, shadows, glare)**

- Add lamps.
- Use night lights.
- Change bulbs.
- Adjust curtains, blinds.




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**LIVING ROOM**
**Slip/Trip**

- Clear pathways of furniture.
- Remove throw rugs, runners, cords, and small objects.
- Tack down or tape carpet edges.
- Use nonskid mesh carpet backing.
- Do not wax floors or use only nonskid wax.
- Mark high threshold with florescent tape or remove.

**Lighting (dim, shadows, glare)**

- Add lamps.
- Adjust curtains, blinds.
- Change bulbs.
- Use night lights.

**Chair/Sofa (too low, soft, armless, sit-stand-sit difficult)**

- Use alternative firm chair/sofa with arms.
- Add firm cushions or folded blankets to raise seat.

## AREA

## RECOMMENDATIONS



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**BEDROOM****Slip/Trip**

- Remove throw rugs, runners, cords, and small objects.
- Tack down or tape carpet edges.
- Use nonskid mesh carpet backing.
- Do not wax floors or use only nonskid wax.
- Mark high threshold with florescent tape or remove.
- Clear pathways of furniture.

**Lighting (dim, shadows, glare)**

- Add lamps.
- Adjust curtains, blinds.
- Change bulbs.
- Use night lights.

**Bed (high, low, soft, not positioned to best advantage)**

- Adjust bed frame to best height for transfers.
- Add bed board to increase firmness
- Reposition bed for easy access.

**Bending/Reaching**

- Place commonly used clothing on shelves or in bureau drawers at waist or shoulder height.

## AREA



## RECOMMENDATIONS

**BATHROOM****Slip/Trip**

- Remove throw rugs.
- Use bath mat with nonskid backing after bath.
- Keep bath mat off floor when not in use.
- Clear pathways.
- Mark high threshold with florescent tape or remove.
- Remove molding or reverse swing of door to increase width for easy access.

**Bathtub/Shower**

- Use nonskid rubber mat in shower or tub.
- Install grab bars.
- Replace worn rubber tips of tub chair/benches.
- Install grab bars, commode frame.
- Install raised seat on toilet.
- Repair wobbly toilet seat.

**Lighting (dim, shadows, glare)**

- Change bulbs.
- Use night lights.
- Adjust curtains, blinds.

**Door Locks (present)**

- Remove locks.
- NEVER lock door.

**STAIRS****Slip/Trip**

- Mark top and bottom steps with florescent tape.
- Mark steps that are higher or lower than others.
- Repair loose treads or carpeting.
- Use rough texture pain or abrasive strips on outdoor steps.
- Clear all objects from stairs.

**Lighting (dim, shadow, glare)**

- Install switches at top and bottom of stairs.
- Keep flashlight at top and bottom of stairs.
- Change bulbs.
- Use night lights.
- Adjust curtains, blinds.

**Railings) presence, length, sturdiness)**

- Install railings on both sides, extending full length of stairs.
- Repair existing railings.

## AREA

## RECOMMENDATIONS



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**UTILITIES****Smoke Detectors**

- Install.
- Replace batteries.

**Telephones (accessibility)**

- Install phone in at least kitchen and bedroom.
- Replace wall phones with table design.
- Put list of important phone numbers near phone in large print.
- Keep phone cords out of walking areas.
- Use a portable phone.

**Climate Control (in living areas)**

- Keep winter temperature around 72 degrees F.
- Keep fan or air conditioner available for summer.
- Open windows for ventilation.