

PREVENTING ACCIDENTS IN YOUR HOME

General List

- Stairs are well lit –light switches at the top and bottom of stairs
- Clear floor of toys, games, items. Keep passageways unobstructed
- Rugs have slip resistant backing
- Mark glass doors with decals or decoration
- Wipe spilled water, grease or food peelings immediately to prevent slipping
- Bathtub floor has rubber mat or rubber decals
- Install nightlights
- Wear shatterproof safety glasses during a project, be an example
- Don't safe inedible products in the same place as food or in food containers.
- Label non edible/harmful products clearly.
- Discard leftover medications according to FDA regulations.
- Store stepstools away from stove – but use stepstools instead of 'climbing'
- Unplug all appliances when not in use.
- Tuck away all cords to avoid tripping.
- Store fire arms /ammunition safely
- Place a list of emergency phone numbers in a highly visible place
- All family members know how and when to call 9-1-1
- Install anti-scald devices for shower or Scaldshield for showers in Condos
- Install safety plugs on electrical outlets
- Store household chemicals out of the reach of children (look also in low cabinets)

Security

- Does each exterior door have a deadbolt?
- Does the lock on each window work?
- Have you added pins or clips to your windows for additional security?
- Do you have dowels or broom sticks in the track of windows and sliding glass doors?
- Do you have security company labels or signs displayed prominently?
- Do you have an alarm system? Is the system monitored?
- Do you have a dog that barks when strangers approach the home?
- Are emergency numbers posted near the telephones?



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Fire

- Do you have smoke detectors near all sleeping areas?
- Do you check the batteries monthly and change them annually?
- Do you have two carbon monoxide detectors?
- Do you have an escape ladder for upper floors?
- Do you have fire extinguishers near exits and in the kitchen?
- Do you have an emergency escape plan and is the family familiar with it?
- Are any outlets or switches warm to the touch?
- Are kitchen ventilation systems working properly?
- Is the dryer ventilated to the outside and is the exhaust free of lint?
- Is the furnace cleaned and serviced yearly?
- Is the space around the hot water heater clear of combustible materials?

Falls

- Are all electrical and phone cords out of the flow of traffic?
- Are rugs and runners slip resistant?
- Is your step-stool sturdy and in good condition?
- Are stairs clear of objects that could cause a fall?
- Are all entrance ways, exits, halls and walks well lighted?
- Do bath tubs and showers have non-skid strips or suction mats in them?

Other

- Are all electrical and phone cords out of the flow of traffic?
- Are rugs and runners slip resistant?
- Is your step-stool sturdy and in good condition?
- Are stairs clear of objects that could cause a fall?
- Are all entrance ways, exits, halls and walks well lighted?
- Do bath tubs and showers have non-skid strips or suction mats in them?



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