



## Tips to Prevent Home Accidents

- ✓ **Assess your personal risks then eliminate them!**
- ✓ **Maintain muscle strength, balance and flexibility (it helps to prevent falls)**
- ✓ **Maintain your health through good preventive medical care**
- ✓ **Eliminate hazards and obstacles at home.**
- ✓ **Be alert at all times (avoid hurrying)**
- ✓ **Fix hazardous situations at home**
- ✓ **Report hazardous situations in your community**



### General Home Safety Tips

1. Install smoke detectors near every bedroom and the kitchen.
2. Keep a fire extinguisher in the kitchen or easy to reach location
3. Think about adding a carbon monoxide detector.
4. Add an emergency telephone list with bold large print, (easy to see from the floor if a fall happened).
5. Make sure you could reach the phone from the floor (if a fall happened).
6. Make sure lighting is good throughout the house, so that details can be easily seen at all times.

### Bathroom Safety Tips

1. Install safety rails otherwise known as "grab bars" in all bathrooms.
2. Make sure shower/tub floor has a non slip surface to prevent slips or falls.
3. If balance is a problem, sit to bath. Try using a solid, molded plastic lawn chair.
4. Using a chair to prevent a fall is a lot cheaper and safer than falling!
5. Use soap on a rope or soap gels with dispensers to avoid chasing slippery soap bars.
6. Make sure lighting is really good in the bathroom.
7. Organize things so they are easy to reach, nothing above the shoulders or below the knees.

## **Floor Safety Tips**

1. Eliminate throw rugs, torn rugs.
2. Repair uneven floor surfaces.
3. Pick up shoes, newspapers, clothes hangers, pet toys, and other potential obstacles from the floor.
4. Clean up spills as soon as they happen.
5. Clear all pathways of any obstructions, to prevent the chance of falling.
6. Remove clutter.

## **Stair Safety Tips**

1. Be sure lighting is excellent so that all details are stair edges are easily seen.
2. Install handrails on both sides of the stairs.
3. Repair uneven or damaged stairs.
4. Repair or remove torn or worn carpets.
5. Make sure a light switch is at the top and the bottom of the stairs.
6. Be alert when using the stairs. Pay attention to the details.
7. Avoid carrying loads that reduce vision.

## **Kitchen Safety Tips**

1. Close all cabinets and drawers right away after using them.
2. Use step ladder safety. Always climb a step ladder while facing the ladder.
3. Make sure lighting is really good, to prevent the possibility of cuts or burns.
4. Be sure steps are clearly visible and stable.
5. Re-arrange or re-organize kitchen to prevent reaching for anything heavy above the shoulders or below the knees.