



Tips to Reduce Home and On the Road Safety Risks

Things you can do to reduce or eliminate your health or safety risks at home or on the road.

Personal Risk Factors

- Maintain or develop your muscle strength
- Maintain joint range of motion and flexibility.
- Exercise to maintain or develop balance.
- Eat well balanced and nutritious foods.
- Drink plenty of water throughout the day.
- Don't smoke. (It is never too late to quit!)
- Avoid excessive alcohol.
- Never drink alcohol while driving.
- Wear your seatbelt every time.
- Avoid force. It is a risk factor that causes accidents and injuries.
- Avoid isolation.
- Stay mentally active. Do puzzles, play games, read, learn and do new things

Environmental Risk Factors

Accident Prevention Measures

- Repair stairways and floors.
- Eliminate scatter rugs.
- Have good home lighting (especially in kitchen, near steps, walkways and the path to the bathroom)
- Install grab bars in the bathroom, both sides of stairs and hallways.
- Organize to keep reach in your comfort zone between shoulders and knees.
- Store heaviest items between chest and knee height, never above or below these areas.
- Avoid twisting and bending your back.
- When lifting, keep nose with the toes.
- Keep a flashlight with working batteries near your bed.
- When driving, avoid all distractions and focus only on driving.
- Keep car in excellent condition
- Seek help if driving becomes challenging or difficult.

Bathroom Safety

- Never hold a soap dish or towel bar for support.
- Keep electrical appliances away from water.
- Clean up wet floors immediately.
- Install a nightlight in the bathroom
- Install grab bars in the tub/shower area so you could get up if you fell, and to provide support when showering.

Emergency Planning Measures

- Devise specific and detailed plans for every potential emergency.
- Have emergency food, water, supplies, and an easy to open first aid kit ready in an easy to reach place.
- Have an emergency contact person.
- Post emergency contact numbers in LARGE PRINT by each telephone.

Electrical Safety

- Never overload electrical circuits or have exposed wires.
- If your house is over 20 years old, have an electrician check your electrical wiring at least every 5 years.
- Never nail or staple electrical cords.

Fire Safety

- Install smoke detectors and carbon monoxide detectors near bedrooms, and on every floor. (Install 6"-8" below the ceiling on side walls)
- Check and replace smoke detector batteries at least once a year (Tip: Do on your birthday or pick a holiday such as Thanksgiving)
- Never smoke in bed!
- Never leave an electrical hot pack on while sleeping.

General Safety

- Keep medications stored in safe and easy to reach place.
- Wear supportive shoes with heels less than 2".
- Avoid rushing and stay focused.
- Keep phone within easy reach.
- Wipe up spills immediately.

Security

- Make sure your windows and doors are secure.
- Make sure you have good lighting.
- Install a door peep hole at your eye level
- Install secure locks
- Be aware of your surroundings and the people around you

WANT or NEED HELP? Contact Dr. Vanessa M. Dazio at SAFE Aging, Inc., located at 9330 Regency Park Blvd Port Richey, FL 34668. Call 727-848-1535.