



## Everyday Safe Living At Home<sup>®</sup> Home Safety Tips

The home is a personal and precious environment. This list of tips is designed to cover safety concerns in the home that may arise. Making all of the suggested changes may not be necessary. However, keep prevention in mind and re-evaluate your home safety periodically as your abilities change.

Some of the changes may impact you positively, and some may seem undesirable. Achieving a balance is important.

For a comprehensive evaluation to improve your ability to complete daily tasks in your home, please contact our **Customer Service Center** at **(844) 570-5714**.

### Throughout the Home

- Display emergency numbers and home address near all phones.
- Use an answering machine, voicemail, or cordless phone.
- Visual or hearing amplification for emergency/communication devices for impaired hearing.
- Install smoke alarms near all bedrooms. Frequently check that the alarm and batteries are functioning. Have a plan to safely exit your home in the event of a fire or other emergency.
- Install deadbolt, slide or chain locks. Smart locks can be timed or managed from a smart device for increased safety regarding doors and windows.
- Avoid the use of extension cords if possible by placing lamps and appliances close to electrical outlets. Extension cords may be secured to the baseboards of a room to avoid tripping. Replace frayed or worn cords. Clear all walk areas of electrical cords.
- Floor heating vents, radiators, and other heating devices may be very hot to the touch. You should not store objects or furniture over or on heating vents.
- For adequate lighting: use accessible light switches when entering/exiting a room, night lights or motion sensor lighting in hallways, bathrooms, and bedrooms, overhead lighting, lamp or task lighting. Use highest wattage receptacle allowed or LED bulbs.
- Each bottle of prescription medicine should be clearly labeled with the person's name, name of drug, drug strength, dosage, frequency, and expiration date. Do not accept a label with "as directed" typed on it. Child resistant caps are available if needed.
- Do not smoke near flammable items and put out all smoking materials when finished.



### **Throughout the Home (continued)**

- ❑ Remove scatter and throw rugs, if possible. Area rugs should be secured using non-slip rug grips, rubber matting or double-sided adhesive strips to prevent slipping. Repair or replace torn carpet.
- ❑ Clutter can create confusion and danger. Dispose of newspapers and magazines regularly. Keep all walk areas free of clutter and furniture.
- ❑ Increase contrast to items such as door frames, light switches or change in the surface. Examples could include different colored switch plate covers, paint, or colored tape.
- ❑ Keep needed or commonly used items within easy reach.
- ❑ Ensure water faucet temp at 120°F, consider installing anti-scald devices at faucets and sinks, adjust water heater temperature.
- ❑ Ease management of window coverings by using larger pulls or electronic operated feature with remote or voice control.
- ❑ Install C or D shaped handles and drawer pulls to increase the ease of grasping them.

### **Exterior**

- ❑ Keep outside stairs sturdy and textured to prevent falls in wet or icy weather.
- ❑ Install railing(s) on steps to provide support for increased safety and decreased fall risk.
- ❑ Rather than stairs for entering home, consider a ramp with maximum slope of 1 inch rise for 12 inches length, minimum width of 36 inches, 5 square feet optimal landing, handrail at 34-38 inches height, and edge guards.
- ❑ Eliminate uneven surfaces or walkways or other objects that could cause someone to trip.
- ❑ Use a bench or table outside the entry door for placing parcels while unlocking the door.
- ❑ Ensure outside lighting is adequate. Sensors that automatically turn the light on as you approach the home may be useful.
- ❑ Keep bushes and foliage pruned and clear of the walkways and doorways.
- ❑ Clearly place address on mailbox, curb or garage to assist in locating the residence.
- ❑ Request door delivery from the local Post Office, if mailbox is not easily accessible.



## **Entry Way**

- A bench, chair or table by the entry door is useful for placing parcels, or to sit on for putting on or taking off shoes.
- A peephole, video camera or smart device can assist to see who is at the front door.

## **Living Space**

- Place decals eye level on sliding glass doors, picture windows, or furniture with large glass panels to identify the glass pane.
- Installation of window coverings will assist to decrease glare.
- Utilize furniture risers on most frequently used item/s or replace current seat cushion with firmer cushion to increase ease of standing from the surface.

## **Bedroom**

- Caution with use of electric mattress pads, electric blankets, electric sheets, and heating pads, all of which may cause burns.
- Direct lighting outside of the closet to shine into the space, or install a peel and stick battery operated light or motion detected lighting in order to see items within closet.
- Rearrange or re organize items in closet to increase access to items.
- Utilize furniture risers on bed or replace current cushion on chair with firmer cushion to increase ease of standing from the surface or added support to complete dressing tasks.

## **Bathroom**

- Place non-skid adhesive strips, decals or mats in the tub and shower. If the bathroom is uncarpeted, consider also placing these strips next to the tub, toilet, and sink.
- Install handheld shower to control the water spray and direct it where it is needed.
- Use plastic shower chair or bench and a handheld shower head to make bathing easier.
- Install grab bars near toilet and in/outside the tub/shower for increased safety.
- Place a portable toilet seat riser with support handles on toilet or install a comfort height toilet to increase ease and safety when sitting or standing from toilet.
- Replace or repair any loose toilet seat.



## **Kitchen**

- Do not use or store flammable liquids in the kitchen. Keep them locked away in the garage or in an outside storage unit.
- Do not leave cooking unattended for an extended period of time.
- Controls at the front of the appliance can ease accessibility, save from reaching over hot burners. Colored or backlit controls are easier to read.
- Place kitchen, refrigerator or pantry items within easy reach. Move items up/down as needed or appropriate.
- Remove small appliances or clutter not regularly used to improve work space on counter.

## **Stairs**

- Install a railing and/or second railing for support when going up or down steps for increased safety and stability.
- Extend railing to provide additional support at the top and bottom of stairs.
- Mark the top and bottom stair or the edge of each step and handrails with a contrasting color to increase visibility - such as with paint or colored tape.
- Increasing the illumination of the staircase decreases the risk of falls. Install additional light fixtures and place the light switch at both the top and bottom of the stairs. Light switch is easier to turn on and off with a switch plate rather than a lever.
- Complete modifications to allow first floor living. Install electrical option such as a stair lift, incline platform lift, vertical lift or elevator.