**Stay safe in your home**

Bedroom

 Keep a telephone within reach of your bed.

 Make sure there is a light near your bed.

 Install a night light that automatically turns on in low light conditions.

 Use electric blankets and heating pads according to manufacturer’s instructions. Do not go to sleep with heating pads on. Even the low settings can cause burns.

 Identify fire exits and keep them clear at all times.

Bathroom

 Mount and use grab bars in the shower, tub, or toilet areas.

 Use bathmats or non-slip strips in the shower or tub.

 Ensure that your toilet height is safe for you to sit down and get back up.

 Do not reach for things that are low or in deep cabinets.

 Use a night light to prevent falls in the dark.

 Set your water heater to 120 degrees to reduce the chance of burns.

 Put in electrical outlets that have a ground-fault circuit interrupter (GFCI).

 Enter your tub or shower by using your weaker leg first. Exit using your stronger side. Consider using a bath/shower chair or bench.

 Use liquid soap instead of bar soap and a long-handled brush or bath mitts to help with bathing.

 Avoid using appliances (such as hair dryers, electric shavers, curling irons, and television) while bathing or near water.

 Store and secure medications properly.

Kitchen

 Store towels, curtains, hot pads, and other flammables at a safe distance from the stove.

 Keep handles of pots and pans inward (away from stove’s outer edge) when cooking.

 Keep electrical cords away from the sink.

 Avoid wearing long loose sleeves when cooking.

 Store and secure medications properly.

All Living Areas

 Remove clutter from paths such as clothes, books, shoes, electrical cords, or other items that may cause you to trip.

 Remove throw rugs or use double-sided tape to secure rugs in place.

 Check furniture height. Avoid low chairs/couches or use furniture risers.

 Keep a flashlight handy in places where you tend to spend time – such as your chair, kitchen, bathroom, etc. You could also keep one in your walker basket or beside your bed. Always have extra batteries available for the flashlight.

 Install smoke detectors and carbon monoxide alarms and keep them working. These should be tested once a month. Batteries should be replaced twice a year.

 Have fire extinguishers throughout the house (e.g., in the kitchen and garage). Identify fire exits and keep them clear.

 Keep household cleaners, disinfectants, garden products, and pesticides in their original containers out of reach of children.

 Clean up spills right away.

 Have an evacuation and disaster response plan.

 Call your electric company regarding your special needs when equipment is placed in your home.

Stairs and Steps

 Use extra caution near steps and uneven flooring.

 Make sure handrails are on both sides of the stairs and span the full length of the stairs.

 Check to see if handrails are sturdy. Repair any loose handrails.

 Fix loose, broken, or uneven steps.

 Keep stairways well-lit.

 Make sure that the carpet is firmly attached to every step.

Clothing

 Avoid long clothes that might trip you (bathrobes, nightgowns, winter coats).

 Keep pant leg hems off the floor. Wear a belt if needed.

 Wear shoes that fit well and have low or flat heels, closed toes, and soles that don’t slip. Avoid flip-flops, clogs, or loose-fitting shoes.

 Replace shoes when the sole or heels are worn smooth.

Medical Equipment (walkers, wheelchairs, oxygen, etc.)

 Lock your wheelchair when moving to or from a seated position.

 Keep your wheelchair and other mobility devices in working condition.

 Keep walking aids within reach and be sure to use them every time.

 Ask for help when walking or moving from your wheelchair to your walker.

 Watch out for tubing (feeding tubes, oxygen tubes, etc.) in your pathway. Try taping any tubing to the back of your shirt.

Preventing Physical Risk Factors

 If you feel dizzy or lightheaded, don’t try to stand up.

 Change positions slowly.

 Know your medications and take them correctly. Some medications can make you feel dizzy, and/or unsteady.

 Do prescribed exercises to improve balance and boost strength.

 Place chairs around your home so you can rest often as you move throughout it.

 Use mobility aides as recommended.

 Don’t carry too much. Make multiple trips.

 Avoid not moving for long periods of time.