

Home Safety Tips



KITCHEN

- Have a long-handled dustpan/broom on hand to reduce the need for bending
- Use a rubber-backed floor mat at the front of the sink
- Install cabinet handles that are easier to grasp
- Increase lighting in the kitchen over task areas such as countertops, the stove and the sink
- Store frequently used items in areas that are easily accessible



BATHROOM

- Install grab rails in the shower/tub
- Apply non-slip strips on bathtub and shower floors to prevent falls. If using bathmats, make sure they have a non-skid backing!
- Install an adjustable height showerhead or one with a handle
- Make sure toilet paper (and additional rolls) is within easy reach from the toilet
- Consider a raised toilet seat or grab rail to make it easier to get off the toilet



BEDROOM

- The lower a bed is the harder it can be for someone to get up. Consider using risers to elevate the bed if it is too low
- If a bed is too high, purchase a lower bed or arrange for a hospital bed to be delivered to the home that can be set at an optimal height
- Move the bedroom from the second floor to the main level, if this is a possibility
- Make sure there is a light and a cordless phone within easy reach



OTHER

- Arrange furniture to create wide, open spaces
- Make sure all pathways are cleared
- Be cognizant of electrical cords and make sure they aren't a trip hazard
- Install night-lights in outlets to illuminate hallways, bathrooms etc.
- Test all smoke detectors to ensure proper functioning (there should be smoke detectors outside of the bedrooms on each level of the home)
- Especially if someone is a fall risk, consider getting a Life Alert or similar Personal Emergency Response System (PERS) device.