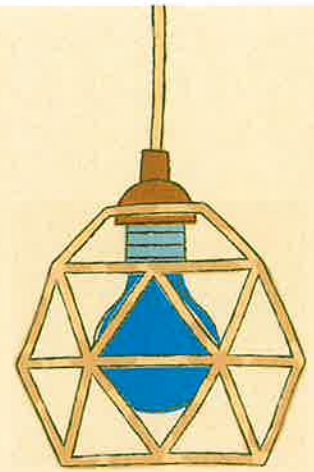
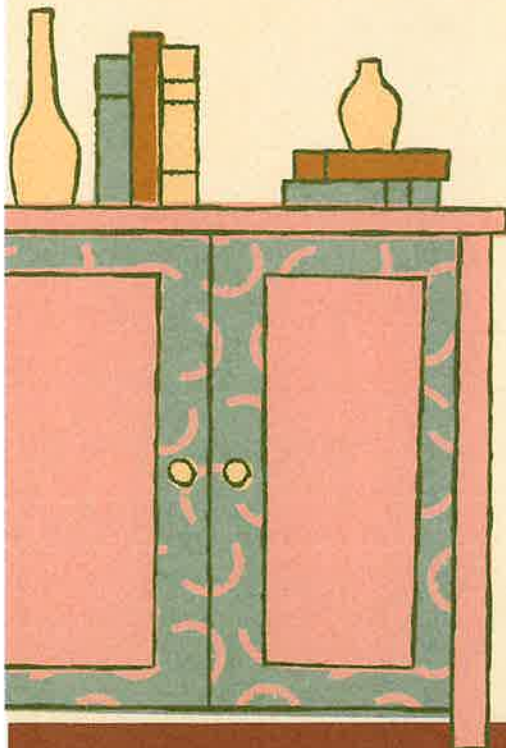




Home Safety For Seniors

**IS YOUR HOME PREPARED FOR
YOUR LOVED ONE?**



Based on “The Safe Living Guide—A Guide to Home Safety for Seniors, by
public health Canada

Keeping your home safe

Injuries can result from seemingly innocent things around your home—many of which are easily fixed or adapted after you do some detective work to track them down. The following checklists will help you inspect your home for evidence of trouble that may be waiting to happen. Every NO answer is a clue that your home may not be as safe as it could be and that you should be making the needed changes as soon as you can. Your safety depends on it!

Checklists:

Outside

	Yes	No
• Do all your entrances have an outdoor light?	☐	☐
• Do your outdoor stairs, pathways or decks have railings and provide good traction (i.e. textured surfaces)?	☐	☐
• Are the front steps and walkways around your house in good repair and free of clutter, snow or leaves?	☐	☐
• Do the doorways to your balcony or deck have a low sill or threshold?	☐	☐
• Can you reach your mailbox safely and easily?	☐	☐
• Is the number of your house clearly visible from the street and well lit at night?	☐	☐



If you live in a rural area and don't have a visible house number, make sure your name is on your mailbox and keep a clear description of directions to your home (main roads, landmarks, etc.) by each phone in your house.

Inside

	Yes	No
• Are all rooms and hallways in your home well lit?	☐	☐
• Are all throw rugs and scatter mats secured in place to keep them from slipping?	☐	☐
• Have you removed scatter mats from the top of the stairs and high traffic areas?	☐	☐
• Are your high traffic areas clear of obstacles?	☐	☐
• Do you always watch that your pets are not underfoot?	☐	☐
• If you use floor wax, do you use the non-skid kind?	☐	☐
• Do you have a first aid kit and know where it is?	☐	☐
• Do you have a list of emergency numbers near all phones?	☐	☐



Install a seat at the entrance of your home to remove or put on your shoes and boots.

Avoid throw rugs and scatter mats. They're dangerous!

Stairs

- Are your stairways well lit and do you have light switches at the top and bottom of the stairs?
- Are your stairs in good repair and free of clutter?
- Do the steps of your stairs have a non-skid surface?
- Are there solid handrails on both sides of the stairway?
- Do you remove your reading glasses when using the stairs?

Yes No

☐	☐
☐	☐
☐	☐
☐	☐
☐	☐



To help avoid taking a misstep, you can paint wooden or concrete steps with a strip of contrasting colour on the edge of each step or on the top and bottom steps.

Don't rush going up or down stairs. Rushing is a major cause of falls.



Are your stairs in good repair?

Bathroom

	Yes	No
• Do you test the water temperature before you get into the bathtub or shower?	☐	☐
• Is your hot water temperature set to the recommended 49°C (120°F)?	☐	☐
• Do you have non-slip surfaces in the tub or shower?	☐	☐
• Do bath mats next to the tub or shower have rubberized backing or are they secured in place to keep them from slipping?	☐	☐
• Do you have a night light in the bathroom?	☐	☐
• Does your bathroom door lock have an emergency release?	☐	☐
• Do you have grab bars that have been properly placed and well anchored to the wall in the bathtub or shower?	☐	☐
• If you have any trouble getting on and off the toilet, do you have a raised toilet seat and a grab bar that is well anchored?	☐	☐
• If it's difficult for you to take a shower standing up, have you considered a bath seat?	☐	☐

Do you need a raised toilet seat?



Some tile and bath cleaning products actually increase slipperiness. Be careful when using such products.



Kitchen

	Yes	No
• Are your pots and pans, canned goods and staple foods stored in an easy-to-reach location—between knee and shoulder heights?	☐	☐
• Are heavy items stored in the lower cupboards and light items in the higher cupboards?	☐	☐
• Do you have a stable step stool (with a safety rail) for reaching high places?	☐	☐
• Are the “off” and “on” positions on the stove dials clearly marked?	☐	☐
• Are your oven mitts within easy reach when you are cooking?	☐	☐
• Do you make sure never to cook while wearing loose-fitting clothing or sleepwear?	☐	☐
• Do you have a fire extinguisher in the kitchen, mounted on the wall away from the stove?	☐	☐
• Do you regularly check that your fire extinguisher is in good operating order?	☐	☐



Use heat-resistant oven mitts rather than potholders; they provide a better grip on hot containers and give you better protection against splatters and steam. If you do experience a burn, immerse in cool water (not ice or butter!).

Are your oven mitts in a handy location?

