

Home Safety Checklist

General Safety

- Place a list of emergency numbers near every phone; use an answering machine since your loved one may not be able to take messages when you're not there.
- Avoid extension cords if possible. Secure the one's you use to the floor or wall.
- Cover electrical outlets with childproof plugs.
- Make sure rooms are well-lit and use night-lights throughout the house.
- Securely carpet stairways if possible and make sure handrails extend to all steps.
- Lock medications and alcohol away in cabinets.
- Keep matches and lighters out of reach.
- Avoid clutter, such as newspaper, which could be tripping hazards.
- Put away plastic bags, because of choking or suffocating hazards.
- Get rid of poisonous plants—check with your local nursery for details.
- Password-protect your computer and Internet access.
- Keep fish tanks out of reach.
- Remove throw rugs, or secure them to prevent slipping.
- Consider an ID bracelet for your loved one. Many cities offer bracelets that include locating devices so you can find your loved one if they wander off.

Kitchen

- Place childproof door latches on drawers and cabinets with dangerous items such as knives, scissors, matches, and cleaning products.
- Install an automatic shut-off switch for the stove or remove stove knobs.
- Dismantle the garbage disposal if your loved one may place foreign objects, or even their hands, in the disposal.

Bedrooms

- Use an intercom device to alert you of calls for help from your loved one.
- Do not use space heaters, and try to keep fans out of reach.
- Consider a bed that can be electronically raised or lowered to the floor.

Bathroom

- Don't leave your loved one alone if they are severely impaired.
- Remove the bathroom lock so your loved one doesn't get locked inside.
- Use a non-skid product on the bathtub/shower floor to prevent slipping
- Use bathroom carpeting to prevent slipping.
- Install handrails by the toilet seat and in the bathtub/shower.
- Use a foam faucet cover to prevent serious injury if your loved one falls.
- Set the water heater at 120° or lower to avoid scalding water.