

# HOME SAFETY CHECKLIST

Prevention is the best approach to safety. The National Safety Council states that four million serious accidents happen in the home each year. Periodic room-by-room checks are recommended. Agency staff will assess the home and inform the patient/family on recommendations to increase safety. **Check appropriate areas of need.**

- A. Fire
- B. Fall
- C. Bathroom
- D. Weather
- E. Poison
- F. Hazardous Waste
- G. Oxygen/Medical Gases

## A. FIRE PREVENTION

Check **Smoke Alarms**

- Make sure batteries are changed regularly
- Make sure the alarm works



Keep a

**Fire Extinguisher** handy

- Make sure that all family members know how to use the extinguisher



- Make sure any curtains near the stove or furnace are firmly tied back and cannot come in contact with a burner or flame.



extension cords.

- Check appliances for frayed electrical cords.
- Unplug all appliances when they are not in use.



## B. FALL PREVENTION

Prevention of **Falls** and **Other Injuries**

\*Keep stairways and passageways free of clutter

\*Don't wear loose or long clothing that can cause tripping

\*Let the toaster cool and unplug it before reaching for it

\*Avoid slippery scatter rugs.

\*Use non-skid pad backing

\*Wipe up spills promptly.

\*Never run electrical cords under a rug.

\*Store hazardous materials (including bleaches & cleaning products) in a safe place, **away from food.**

\*Don't use pesticides or other poisonous substances in areas where food is prepared.

\*Avoid using long



## C. BATHROOM SAFETY CHECKLIST

- Make sure electrical appliances (such as hair dryers, radios, shavers, heater, etc.) are not placed where they can fall into the bathtub or come in contact with water.
- Install grab bars on the side of the bath tub.
- Use a skid resistant bath mat by the tub or shower.
- If the bathtub doesn't have a skid resistant bottom use a suction-type mat in the tub.
- Don't store medications in the bathroom. Instead, keep them in a closet or another dry, cool place that can be locked.
- Leave a night light on in the bathroom and in dark hallways.



## **D. WEATHER PRECAUTIONS**

### **Tornado**

- Go to closet or bathroom
- Wrap in a blanket
- Cover head with pillow



### **Hurricane**

- Be prepared by listening to local radio station/TV for updates
- Secure shelter
- Appropriate supplies:
  - Bottled water
  - Non-perishable food items
  - Generator
  - Flash light(s)



### **Hot Weather**

- Wear loose clothing
- Drink fluids several times a day
- Use fans if air conditioning is not available
- Avoid direct exposure to the sun



<b>HEAT INDEX</b>	Affects to the human body
<b>130° or above</b>	Heat Stroke <u>highly likely</u> with continued exposure
<b>105° to 130°</b>	Heat Stroke <u>likely</u> with prolonged exposure
<b>90° to 105°</b>	Heat Stroke <u>possible</u> with prolonged exposure



### Cold Weather

- Have blankets available
- Wear layer clothes
- Have hot food & drinks several times a day
- Cover head – up to 20% of body heat can be lost through the scalp

### **E. POISON PREVENTION**

- Label all poisons
- Keep all substances in their original containers
- Store cleaning agents away from food and medications



**POISON CONTROL PHONE NUMBER:**

**1-800-222-1222**

### **F. HAZARDOUS WASTE DISPOSAL**

- Place all needles & syringes in a hard plastic or metal container with a screw top or re-enforced top with heavy duty type tape.
- Place soiled bandages, disposable pads/sheets and medical gloves, masks and gowns, in securely fastened plastic bags before placing them in the garbage can with other trash.



### **G. OXYGEN & MEDICAL**

### **GASES**

- Store medical gas cylinders on their sides in a stable protected area (i.e.: protected from heat extremes).
- Utilize O<sub>2</sub> in an area from open flames and cigarettes.

