

ARE YOU IN JEOPARDY?



Home Safety Checklist

1. Answer the questions.
2. If you answer "No" to any of the questions follow the tips to correct the problem.
3. If you can't correct the problem, contact one of the agencies below for advice

KITCHEN

Do you have.....

A sturdy stool for reaching your cupboards?	YES	NO
Your everyday dishes, kitchen supplies within easy reach	YES	NO
Your tile, linoleum and carpeting secure to the floor?	YES	NO
The dials on your stove clearly marked ON/OFF?	YES	NO



TIPS:

- Keep heavy objects in lower cupboards and light items no higher than shoulder height.
- Remove scatter rugs
- Turn pot handles inward
- Use oven mitts for handling **all** hot items
- Use a stool with a handle and rubber tips

BEDROOM/BATHROOM Do you have....

Grab bars in your bathroom?	YES	NO
A rubber mat in your tub?	YES	NO
A non-skid bath mat beside your tub?	YES	NO
A clear well lit path from the bedroom to bathroom for nighttime travel?	YES	NO
Easy access to the telephone and lamp from your bed?	YES	NO



TIPS:

- Keep a flashlight with extra batteries at your bedside to help you see at night. Never use a candle.
- To increase your safety, grab bars may be installed around the tub and toilet.
- A towel rack is not designed to be used as a grab bar.

BASEMENT Do you have.....

Stairways that are well lit and free of clutter?	YES	NO
Secure handrails on <u>both</u> sides of the stairway?	YES	NO
The knowledge to change a fuse or reset a circuit breaker?	YES	NO
Your hot water heater set at no more than 130°F or 54°C?	YES	NO
The knowledge to store and dispose of hazardous waste safely? Example: paint, turpentine, gasoline, etc.	YES	NO



TIPS:

- Add a strip along the edge of each step, in contrasting colour.
- Handrails on both sides of stairwells and project beyond the top and bottom step.
- Learn where your fuse box or circuit breaker panel is located.
- If you are unsure of which fuse to buy, take the fuse you want replaced to the store and let the clerk advise.
- Phone your appropriate regional or municipal office for information about disposal of hazardous waste.

MEDICATIONS: Do you.....

Have your medications in clearly labeled bottles?	YES	NO
Keep your medication in a cool dry area? (NOT the BATHROOM)	YES	NO
Take your medication in a brightly lit room?	YES	NO
Discard your medications after the expiry date?	YES	NO
Use only medications that have been prescribed for you?	YES	NO
Understand the purpose for each of the medications you are taking?	YES	NO



TIPS:

- Ask your doctor or pharmacist questions about your medications such as why you are taking it, side effects and alternatives to taking medications.
- Complete a medication record and keep it with you at all times, including allergies and conditions.

REMEMBER YOU HAVE THE RIGHT TO BE INFORMED AND TO ASK QUESTIONS!

SECURITY CHECK Do you have.....

Lights on in the house when you are away for	YES	NO
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any length of time?

A door viewer on your exterior door?

YES

NO

Windows that have operating locks?

YES

NO

TIPS: 

- Put lights on a timer and leave your radio on. Always let a neighbor know you are away.
- Don't open the door to anyone you are not expecting. If concerned, call your neighbor or the police immediately.
- A friend or family member may be willing to be your "buddy" so that you may call them in cases of concern: Make sure they have a key to your house.
- Make arrangements for someone to pick up your mail, shovel your snow or cut your lawn while you are away.



FIRE HAZARD CHECK Do you have.....

Extension cords in good condition and out of travel paths?

YES

NO

Electrical outlets that are not overloaded?

YES

NO

One working smoke alarm for each level of your home?

YES

NO

A fire extinguisher in your kitchen?

YES

NO

An emergency exit, and escape plan, in case of fire?

YES

NO

TIPS:

- Remove electrical cords from under carpets.
- It is required by law, that each home have at least one smoke alarm
- Put new batteries in your smoke alarm two times per year, when you change your clocks.
- The recommended location for a fire extinguisher is in the kitchen secured on a bracket, away from the stove.

If you answered "Yes" to all of the questions:

CONGRATULATIONS!!

If you answered "No," your home and safety may be in Jeopardy.



Follow the tips to IMPROVE YOUR SAFETY or call one of the following for advice:
NORTHWESTERN HEALTH UNIT Atikokan Office 597-6817

223-3301

222-3098

482-2211

274-9827

934-2236

468-3147

852-3268

727-2626

737-2292

Dryden Office Ear Falls Office Emo Office Fort Frances Office Ignace Office Kenora Office Rainy River Office
Red Lake Office Sioux Lookout Office

For further information, contact your Local Police Service or Fire Department.

Adapted from:

Central West Senior's Safety Committee by, the Injury Prevention Team of the Northwestern Health Unit.

