

# Home Safety Recommendations

Provided by



## Bathroom

- Floors should have non-skid surfaces
- Remove all throw rugs or be sure they have a non-skid back
- Use grab bars around the toilet and in the shower
- Install grab bars into wall studs
- Use a shower chair
- Use a hand-held shower head
- Use an elevated toilet seat if toilet is not 17 inches high
- Set hot water tank temperature no hotter than 120°



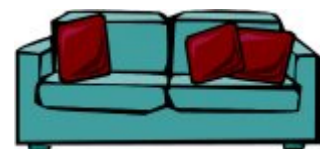
## Bedroom

- Place a smoke detector outside of the room
- Be able to turn on a light without walking into the room
- Make phone easily accessible from bed
- Provide a lighted path from bedroom to bathroom



## Living Room/Family Room

- Be able to turn on a light without walking into the dark room
- Electrical cords and clutter should be out of the walking path
- Rugs should be tacked down or have a non-skid backing



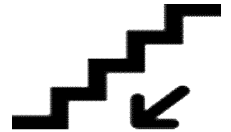
## Kitchen

- Heavy items should be placed at waist level (not at or above shoulder level or below knee level)
- Countertops should have curved edges to decrease injury in case of a fall
- Use countertops in kitchen when reaching to provide extra stability
- Commonly used items (dishes, cereal, etc) should be stored on waist level shelves
- Keep towels, clothing and oven mitts away from burners



## Stairways

- Have handrails on reach side that extend beyond the top and bottom of the steps
- Non-skid surfaces should be on all steps
- Stairways should be well lit
- Have light switches are at the top and bottom of staircase
- Add a bright color to the edge of steps to decrease falls.



## Outside

- Walkways and driveways should have smooth surfaces and no cracks or uneven ground
- Walkways and driveways should be textured to increase traction and decrease falls
- Walkways and driveways should be well lit
- All doorways should have outside lights



## Mobility



- Use a walker or cane
  - Do not grab furniture when walking, especially light-weight furniture or furniture with wheels
  - Remove all throw rugs or use a non-skid backing surface and tack rugs down the edges
  - Carry a portable phone in a pocket or bag/basket attached to walker in case of a fall
  - Call 9-1-1 in case of a fall
  - Have doorways at least 36 inches wide to allow a walker or wheelchair to pass through
  - Remove electrical cords and clutter from walking path
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