

Yes  No

**Do you have a telephone in your bedroom?**

**Tip:** If you are trapped by smoke or fire, call the fire department for help. Consider getting a medical alert button.

 Yes  No

**Do you require smokers to smoke outside your home?**

**Tip:** Fire can happen outside, too. Use deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out.

 Yes  No

**Are space heaters at least 3 feet from things that can burn?**

**Tip:** Keep flammable items at least 3 feet from woodstoves and fireplaces as well. This includes newspapers, curtains, and people. Shut off and unplug heaters when you leave or go to bed.

 Yes  No

**Are electrical cords kept from running across doorways or under rugs?**

**Tip:** Inspect electrical cords for damage. Stop using damaged cords immediately and replace them. Do not try to repair them. Do not put cords where they can be crushed or pinched.

 Yes  No

**Do you know how to put out a pan fire on the stovetop?**

**Tip:** Keep a pan lid close by when cooking. If a pan of food catches fire, slide the lid over it and turn off the burner. When in doubt, get outside and call the fire department.

 Yes  No

**Do you stay in the kitchen when you cook?**

**Tip:** Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove. Don't cook when you are drowsy.

 Yes  No

**Do you wear short or form-fitting sleeves when you cook?**

 Yes  No

**Do you have carbon monoxide alarms in your home?**

**Tip:** Install a carbon monoxide alarm outside each sleeping area and on every level of your home to let you know if this poisonous gas is present. Test the alarms monthly.



# Home Safety Checklist

## Prevent Falls

 Yes  No

**Do you exercise regularly?**

**Tip:** Regular exercise such as Tai Chi, builds your strength and improves your balance and coordination. Ask your doctor about the best physical exercise for you.

 Yes  No

**Do you take your time getting up to answer the phone or doorbell?**

**Tip:** Rise slowly. Do not rush. Sit a moment before you get out of your bed. Stand and get your balance before you walk.

 Yes  No

**Do you keep walking areas and stairways clear of tripping hazards, such as papers, books, electrical cords, and shoes?**

 Yes  No

**Are sidewalks, outdoor steps, and walkways kept clear of ice and snow?**

**Tip:** If needed, ask for help with snow and ice removal.

 Yes  No

**Do your throw rugs have rubber, non-skid backing?**

**Tip:** If you must have scatter rugs, make sure they lay flat and do not slide when you step on them.

 Yes  No

**Is your carpeting in good condition?**

**Tip:** Make sure carpeting is not wrinkled, torn, or worn. If it is, ask for help repairing or replacing the carpeting.

 Yes  No

**Are there sturdy, easy-to-grip handrails on both sides of the stairs?**



Yes  No **Do you have nightlights along the path between your bedroom and the bathroom?**

Yes  No **Do you turn on the lights before you use the stairs?**  
**Tip:** Stairways should be well lit from both the top and the bottom.

Yes  No **Does every room have a light switch that can be reached from the doorway?**  
**Tip:** Ask for help installing new light switches, if needed.

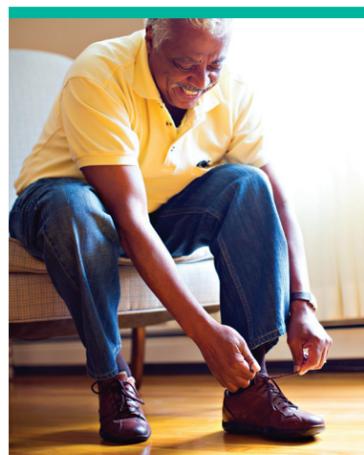
Yes  No **Have you had your eyes checked?**  
**Tip:** See an eye specialist once a year. Poor vision can increase your chance of falling.

Yes  No **Have you talked to your doctor about medications that could affect your balance and coordination?**  
**Tip:** Have your doctor or pharmacist review all medications, including over-the-counter drugs.

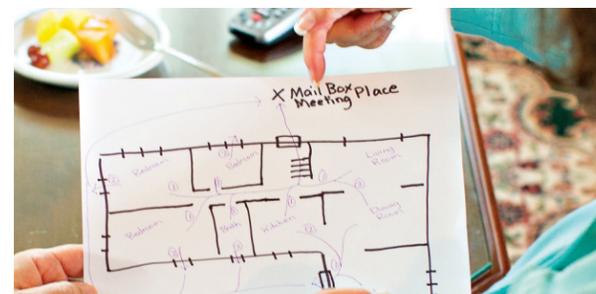
Yes  No **Do you wear sturdy, well-fitting, low-heeled shoes with non-slip soles?**  
**Tip:** Avoid high heels, thick-soled athletic shoes, slippers, or stocking feet.

Yes  No **Are there non-slip mats in and outside bathtubs and showers?**  
**Tip:** Wipe up spills & drips quickly. Wet floors are slippery.

Yes  No **Do you have grab bars in tubs, showers, and near all toilets?**  
**Tip:** Never use a towel rack or shower rod for support.



## Prevent Fires



Yes  No **Do you know what to do if your clothes catch fire?**  
**Tip:** Stop what you are doing, drop gently to the ground, and cover your face with your hands. Roll to put out the fire. If you cannot drop and roll, use a blanket or towel to smother flames.

Yes  No **Do you know the emergency number to call in case of fire?**

Yes  No **Do you have at least one smoke alarm on every level of your home, outside each sleeping area, and inside each bedroom?**  
**Tip:** If you can, use interconnected alarms so when one sounds they all sound. If anyone in your home is deaf or hard of hearing, use alarms with strobe lights or pillow shakers.

Yes  No **Do you test your smoke alarms monthly?**  
**Tip:** Have someone test your smoke alarms once a month by pushing the test button. If your alarm "chirps," it is time to change the battery or get a new alarm.

Yes  No **Do you have a home escape plan in case of fire?**  
**Tip:** Know two ways out of every room. Make sure you can open all windows and doors in the plan. In a fire, get outside quickly. If there is smoke, stay low and go. Once outside, call the fire department. Wait for help outside.

Yes  No **Have you considered the needs of each resident in your escape plan?**  
**Tip:** Plan ahead if special assistance is needed to help anyone get out of the home safely. Make sure each person in the home can hear the smoke alarm. Practice the plan twice a year both during the day and at night.