

# Safe at Home



Eliminate risks for injury in the home to prolong health and independence. Use this checklist of safety precautions to eliminate some of the most common dangers for accidents at home.

- Use a pill organizer to keep track of daily medications, or keep a daily pill journal.
- Remove throw rugs from walkways. Always pick your feet up when walking.
- Use a cooking timer, especially if you leave the kitchen while the stove/oven is on.
- Keep all flammable items away from the stove/oven, including shirt sleeves and towels.
- Place frequently used items within easy reach by rearranging shelves and counters.
- Take your time getting in or out of the tub or shower. Use a non-skid bath mat.
- Keep phones and emergency numbers in every room of the house, and by your bed.
- Keep the house brightly lit: use the right wattage bulbs and nightlights.
- If you live alone, stay in contact with a neighbor or relative on a daily basis.
- Call your physician if you do not feel well or if you have questions about medications.
- If you use a walker, do not carry items—use a rolling cart, walker basket or bag.
- Never stand on a chair, box or other unstable object to reach something.
- Never put anything on the stairway. Take your time on the stairs.

*This handout was adapted from information supplied by Tim Mancino, OTR/L, and from the Consumer Product Safety Commission. The CPSC's website contains an extensive home safety checklist at <http://www.cpsc.gov/>*