

Checklist: Home Safety*

General

- Keep walking areas and stairs in good condition and clear of tripping hazards, such as electrical cords, papers, clutters, books, shoes, etc.
- Keep walkways to your front door free of tripping hazards, such as plants, cracks, holes and debris
- Ensure you can reach the most-often used items without a step-stool or without having to move other large items first
- Wipe up spilled liquids immediately
- Ensure rugs have a rubber, non-skid backing
- Secure carpet edges
- Use non-skid wax or no wax on polished floors
- Keep space heaters at least 3 feet (1 meter) from things that can burn
- Get rid of cracked or damaged electrical cords
- Have smoke alarms on every level of your home, outside and inside each sleeping area
- Test smoke alarms monthly
- Have adequate lighting in all rooms that you can turn on easily
- Have a telephone in an easy to reach location
- Keep valuables out of easy view
- Store passports, passwords, credit cards numbers and other important information in a safe place where you can easily find it
- Get a first aid kit and make it easily accessible

Bedrooms

- Place nightlights close to the bed and along the path to the bathroom
- Keep a flashlight in reach of your bed
- Have a nightlight
- Keep a phone in your bedroom

Bathrooms

- Keep floors free of tripping hazards; towels, clothes
- Keep non-slip mats in and outside bathtubs and showers
- Keep floors dry; immediately remove spills
- Remove door lock to ensure access in an emergency

Kitchen

- Remove burnable items that are placed close to the stove
- Discard expired food
- Mark stove controls so “on-off”-settings are clear
- Store frequently used items on accessible shelves
- Wipe up spills right away

Medications

- Have a system to use medications as directed
- Have a system to manage medical appointments, diagnoses, claims, phone numbers, etc.
- Keep medication out of reach of children and others who might misuse them
- Promptly discard outdated and no longer needed medications
- Renew/refill your medications ahead of time to avoid running out of medicine

Emergencies

- Keep the emergency escape route clear of clutter, keep exit doors free
- Memorize your local emergency numbers (police, ambulance)
- Save emergency numbers in your phone (incl. local emergency numbers, doctor, family & friends)
- Be prepared for natural disasters if you live in a disaster-prone area (www.wanavi.org)
- Ensure you have easy access to a charged phone wherever you are