

## HOME SAFETY FALL PREVENTION

Walk through your home to identify and remedy potential falling hazards.

What to look for:

- All stairs and steps should be protected with a secure banister or hand-rail.
- Make sure all porches, hallways and stairwells are well lit. Use the maximum safe wattage in light fixtures. (Maximum wattage is typically posted inside light fixtures.)
- Use nightlights to help light hallways and bathrooms during night-time hours.
- Keep stairs, steps, landings and all floors clear. Reduce clutter and safely tuck away telephone and electrical cords out of walkways.
- In homes with children, make sure toys and games are not left on steps or landings. When very young children are present use safety gates at the tops and bottoms of stairs.
- Use a non-slip mat or install adhesive safety strips or decals in bathtubs and showers. If you use a bath mat on the floor, choose one that has a non-skid bottom.
- Install grab bars in bath and shower stalls. Don't use towel racks or wall-mounted soap dishes as grab bars; they can easily come loose, causing a fall.
- Install window guards to prevent young children from falling out of upper windows. (Select guards with emergency-release devices.)
- Keep the floor clean. Promptly clean up grease, water and other spills.
- If you use throw rugs in your home place them over a rug-liner or choose rugs with non-skid backs to reduce your chance of falling.
- Use a sturdy step stool with hand rails when climbing is necessary.
- Follow medication dosages closely. Using multiple medications and/or using medications incorrectly may cause dizziness, weakness and other side effects which can lead to a dangerous

### FIRE PREVENTION IN THE HOME

- Always stay in the kitchen while cooking.
- Keep things that can burn, such as dishtowels, paper or plastic bags, and curtains at least three feet away from the range top.
- Before cooking, roll up sleeves and use oven mitts. Loose-fitting clothes can touch a hot burner and catch on fire.
- Never leave barbecue grills unattended while in use.
- Keep grills at least three feet away from other objects, including the house and any shrubs or bushes.

#### *Prevent Fires Caused by Heating:*

- Store matches and lighters in a locked cabinet.
- Keep space heaters at least three feet away from things that can burn, such as curtains or stacks of newspaper. Always turn off heaters when leaving the room or going to bed.
- Have a service person inspect chimneys, fireplaces, wood and coal stoves and central furnaces once a year. Have them cleaned when necessary.
- Keep things that can burn away from your fireplace and keep a glass or metal screen in front of your fireplace.

#### *Prevent Fires Caused by Smoking:*

- Use "fire-safe" cigarettes and smoke outside.
- Use large, deep ashtrays on sturdy surfaces like a table.
- Douse cigarette and cigar butts with water before dumping them in the trash.

#### *Prevent Fires Caused by Candles:*

- Never leave burning candles unattended. Do not allow children to keep candles or incense in their rooms.
- Always use stable, candle holders made of material that won't catch fire, such as metal, glass, etc.
- Blow out candles when adults leave the room.

#### *Prevent Fires Caused by Gasoline and Other Products:*

- Store gasoline in a garage or shed in a container approved for gasoline storage.
- Never bring or use gasoline indoors; and use it as a motor fuel only.
- Close the lid on all dangerous products and put them away after using them.
- Store them away from the home and in a safe place with a lock.
- Don't plug in too many appliances at once.

#### *Keep Your Family Safe At Home:*

- Make a fire escape plan for your family. Find two exits out of every room. Pick a meeting place outside. Practice makes perfect – hold a family fire drill at least twice each year.
- Install smoke alarms on every level of your home. For the best detection and notification protection, install both ionization- and photoelectric-type smoke alarms. Some models provide dual coverage. The type will be printed on the box or package. Put them inside or near every bedroom. Test them monthly to make sure they work. Put in new batteries once a year.
- Know how to put out a small pan fire by sliding a lid over the flames.
- Teach every family member to "Stop, Drop and Roll" if clothes catch fire.
- Consider having a home fire sprinkler system installed in your new home, or when you remodel.
- Learn how and when to use a fire extinguisher.
- If you have a fire in your home, once you get out, stay out.
- Do not go back inside for any reason.