

Home Safety

GENERAL SAFETY

- Place emergency numbers near each phone.
- Make duplicate sets of keys for family members and friends that you rely on for help.
- Consider purchasing a portable phone that your loved one can keep handy.
- Secure all area rugs with no-slip mats and install hand rails to avoid tripping and related injuries.

FIRE SAFETY AND PREVENTION

- Install smoke detectors outside every sleeping area and on every level of your home. Test monthly.
- If detector is “chirping,” the battery is low and should be changed. Change batteries once a year.
- If you or your loved one is hearing impaired, use smoke detectors that trigger a strobe light.
- Keep portable space heaters at least three feet from everything.
- Make sure everyone in your house knows their fire escape routes. If anyone has difficulty walking, decide ahead of time who will be responsible for assisting him or her in the event of a fire.

BATHROOM SAFETY

- Install grab bars in the tub, shower and near toilet.
- Set water heater temperature to 120°F.
- Check water temperature before shower or bath.
- Apply textured strips or rubber mat to tub/shower.
- Take extra care to keep electrical cords away from sink, toilet and tub.
- Discard any old medication in cabinets.
- Use Comfort Bath® Rinse-Free Cleansing Washcloths and Comfort Personal Cleansing® Rinse-Free Shampoo Cap to limit the strain of getting into the tub/shower.

KITCHEN SAFETY

- Never leave cooking unattended.
- Use a timer as a reminder to turn off the oven and other appliances.

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OTHER

