



SENIOR HEALTH

Home Safety

TIPS FOR AVOIDING INJURY

HOW TO AVOID FALLS

- Arrange furniture so that crossing a room is not like maneuvering through an obstacle course.
- Place electrical cords away from walking areas.
- Walk at a safe speed.
- Keep the hems of trousers and skirts at a safe length to avoid catching your feet in them.
- Install handrails on all stairs or steps.



- Use nonskid mats for the bathtub and bathroom floor.
- Install handrails for the shower and bathtub.
- Have sufficient lighting in all hallways and stairwells. Keep a light at your bedside and a night light in the bathroom.
- Repair or replace loose boards and worn floor coverings.
- Avoid storing boxes, tools or other objects in walkways or stairways.
- Wipe up spills immediately.
- Keep items you use regularly within easy reach. Use a stepladder to get things stored out of reach.
- Wear low-heeled, well-fitting shoes that provide good traction.

HOW TO AVOID BURNS

- Always assume that anything left on top of the stove is hot. Use dry mitts or pot holders to move pots, pans or cooking utensils.
- Keep utensils away from burners.
- Avoid having handles sticking out beyond the stove's edge. Place all handles inward.
- Make sure your water heater temperature is low enough to prevent burns while washing your hands or dishes (120° F or lower).
- Avoid handling hot dishes from the dishwasher.
- Keep grease from building up on a fryer or frying area.
- When using a fryer, be careful not to overfill it.
- Never smoke in bed or when you're drowsy.
- Avoid wearing loose-fitting or flammable clothing when cooking. Bathrobes, nightgowns and pajamas can easily catch on fire.
- Install smoke detectors in every bedroom and major area of your home.
- Replace frayed or worn electrical cords.
- Keep space heaters where they can't be knocked over, away from furniture, curtains and rugs.