



**Home Safety Checklist for Senior Citizens**  
**Fall and Fire Prevention**  
[www.choiceconnections.com/capitalregion](http://www.choiceconnections.com/capitalregion)

**Falls** are the most common of home accidents: falls from ladders or stairs and trips or slips on floors or sidewalks. Senior Citizens are most likely to be the victims of falls. Falls in the home are the cause of over 6,100 deaths each year.

**Fires and burns** are second in frequency of home accidents. Actual burns or asphyxiation from smoke or toxic fumes are the major problems. Senior Citizens are frequent victims. Fire and burns in the home cause over 3900 deaths each year.

The following checklist designed to help eliminate some of the major causes of falls and fires in the home. Please take a moment to go through your home and identify hazards in your home so that you can correct them.

**YES NO CORRECTED GENERAL SAFETY**

- |                          |                          |                          |  |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Emergency numbers in large print are placed near each telephone.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | If history of falls, a personal response system has been installed.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | The "File of Life" is updated and placed in the refrigerator. If DNR, place form in File of Life.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Telephone or personal contact is made with a friend, or relative daily, so someone knows you are okay.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | There is a telephone near the bed.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Water temperature is set at 120 degrees or less.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | You have your furnace cleaned and serviced yearly.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Household chemicals and matches are properly stored away from foods.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Cleaners, disinfectants and insecticides are stored in original containers.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Medicine cabinets are secured & checked regularly for outdated medications, which are disposed of properly.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Canes, walkers and wheelchairs are in good condition.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | You take the time needed and avoid rushing when moving around the home (to answer the phone or go to the bathroom) outside the home (to catch the bus, etc). |

The **File of Life** program is meant to provide quick and easy access to your basic medical information. It is a red magnetic plastic folder that can be easily kept on the refrigerator for speedy access in the event of an emergency. Please call the 518-894-2443 to request yours. **DNR stands for Do Not Resuscitate Order.**

## FALL PREVENTION

- |                          |                          |                          |  |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | All stairways are clear of objects which could cause a person to trip.                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | All stairways have a firmly anchored handrail.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | All stairways are well-lighted.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | All throw rugs are skid-proof and lay flat on the floor.<br>(No throw rugs on carpet)                    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | All carpets are securely anchored.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | All entrance ways, exits, halls and walks are well-lighted.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Night lights are used to prevent stumbling around in the dark.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | All walks, porches and doorways are clear of obstacles.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | All hard-surfaced floors are clean and spills are wiped up immediately.                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Proper footwear is worn to prevent slips, trips and falls.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Bath tubs and showers have non-skid strips or suction mats in them.                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | A bath bench or chair is available if needed.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | A raised commode with handles is used for the toilet.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | A shower/bath is taken only when someone else is in the home.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Grab bars are installed in bathtubs and showers.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Electrical cords and telephone cords are placed out of high-traffic areas.                               |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Furniture is arranged so a path is clear for people to walk around the room safely.                      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | The floor is kept clear of clutter (magazines, books, boxes, blankets, towels, shoes and other objects). |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Frequently used kitchen items are kept on lower shelves.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | A sturdy step-stool with handles is available for reaching objects on high shelves.                      |

<b>YES</b>	<b>NO</b>	<b>CORRECTED</b>	<b><u>SMOKE ALARMS</u></b>
------------	-----------	------------------	----------------------------

- |                          |                          |                          |   |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Your home has at least one smoke alarm on every level.                      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | All smoke alarms are in good working order (clean, free of dust and grime). |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | All smoke alarms are less than 10 years old.                                |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Smoke alarms are tested monthly.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Smoke alarm batteries are replaced every 6-12 months.                       |

## CARBON MONOXIDE (CO) DETECTORS

- |                          |                          |                          |   |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Your home has CO detectors near bedroom areas and family rooms.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Your CO detectors are approved by a testing laboratory, such as Underwriters Laboratory (UL), have a digital read-out of CO levels and have a manual reset button and test button.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Your CO detectors are dust-free and clean.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | You test your CO detectors monthly.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | You (and other members of your household) are familiar with the effects of CO poisoning (flu-like symptoms, headache, nausea, vomiting, fatigue, drowsiness, confusion, fast heart rate).   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | You (and other members of your household) are aware of possible sources of CO (gas stoves, hot water heaters, gas/oil furnaces, charcoal grills, gas space heaters, wood burning stoves, fireplaces, lawnmowers, pilot lights, car exhaust, tobacco smoke). |

## FIRE EXTINGUISHERS

- |                          |                          |                          |  |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Fire extinguishers are in the home and garage.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Fire extinguishers are easy to reach.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | You know how to use fire extinguishers (PASS method).  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Fire extinguishers are tipped upside down or lightly shaken at least once a year, to prevent contents from settling and solidifying. |

## **YES NO CORRECTED**    **EXITING & EMERGENCY PROCEDURES**

- |                          |                          |                          |  |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | You have a written evacuation plan and practice it.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | You can identify two ways out of every room.   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | You know how and when to call 9-1-1 to report an emergency.                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | You have the address and phone number for your home written in large print near every telephone. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Your address is visible from the street and well lit.  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Windows open easily and are not blocked.   |

### **KITCHEN**

  

Potholders and oven mitts (not towels) are used to move hot pots and pans.

    
  

Pot handles are turned inward on the stove when cooking  
Towels and other combustibles are kept away from the stove/oven.

  

You always attend to a stove or oven in use.

### **BEDROOMS**

  

Working smoke alarms are near all sleeping areas.

  

A lamp is within easy reach of the bed.

  

UL (Underwriter Laboratories) tested and approved night-lights are used.

### **GARAGE**

  

Flammable liquids are capped and stored in closed metal/plastic containers.

  

Power tools and chemicals are locked inside a cabinet.

  

Oil-soaked rags are stored in tightly closed metal containers.

  

Automobile is never running in the garage, even if the garage door is open.

### **Home Modifications Needed:**

- Grab bars
- Smoke alarms
- Carbon Monoxide Alarm
- Non-skid backing for rugs
- Bath Bench/Chair

- Bath Mat
- Night lights
- Batteries
- Safety Walk Tape

**Melonie Pratt 894-2443**  
**Senior Housing Adviser**