



Overview

Homes can have hidden dangers that are harmful to anyone. It's important to practice prevention and follow some simple guidelines to reduce the risk of injury in your home.

- Keep emergency numbers readily available; include fire, police, your doctor(s), ambulance service and the poison control hotline (1-800-222-1222).
- Make sure your house number is visible from the street.
- Install smoke and carbon monoxide detectors on every floor. Change batteries twice each year.
- Eliminate clutter. Keep stairways and walkways clear of tripping hazards.
- Have regular inspections for your furnaces, hot water heaters, gas appliances, chimneys and flues.
- Install decorative markers on glass doors so that people do not walk into them by mistake.
- Consider having a telephone connected to a landline because cell phones run out of power, and their service may be interrupted in an emergency situation.
- Store drugs and chemicals, such as cleaning products and bleach, out of reach and in their original containers to ensure proper knowledge of contents.

Specific Rooms

There are some considerations for different rooms of the home.

<p>Kitchen</p>	<ul style="list-style-type: none"> •Install lever or touchless faucets •Add a mobile/chair height island •Place items in easy to reach cabinets/drawers •Do not use a chair or unsafe stool to reach things •Push table against a wall and/or remove the table leaf
<p>Bedrooms</p>	<ul style="list-style-type: none"> •Eliminate clutter •Plug items in the closest outlet and avoid running cords across walkway •Plug in cellphone/tablets or place telephone near the bed •Use bed risers under the legs of the bed if it's too low •Use a low-profile mattress if it's too high •Be sure to have a night light •Use a bedside table for remote control, glasses/magnifier, medications
<p>Living Areas</p>	<ul style="list-style-type: none"> •Avoid using a chair that's too high/too low or doesn't have arms •Ensure all furniture is stable, have unstable furniture removed/repaired •Have cell phone charging station/land line in an accessible area
<p>Bathrooms</p>	<ul style="list-style-type: none"> •Set thermostat on water heater no higher than 120° •Install grab bars in the shower and near the toilet •Place rubber mats on the floor of the shower to prevent slipping •Use a shower bench or chair



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