



Marin Home Care
LOCAL. TRUSTED. CARING

HOME CARE SAFETY CHECKLIST

Most falls happen at home, and many of these falls cause injuries or worse. Falls can be prevented and we can all take part in keeping our loved one's immediate surroundings free of hazards that can be easily overlooked yet very easy to fix.

Out of our commitment to you, we put together a *downloadable Home Safety Checklist* to help identify and eliminate the hazards that could be present in your loved one's home. *For a complimentary assessment or more information, call 415-712-1917 or email info@marinhomecare.com*

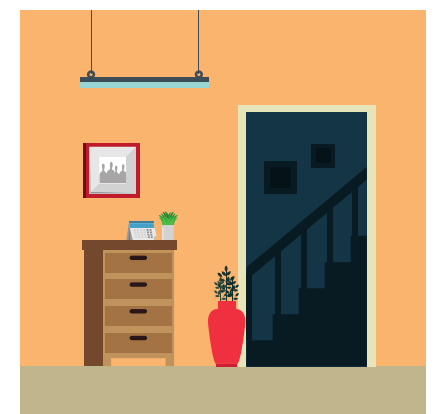
FLOORS IN EVERY ROOM



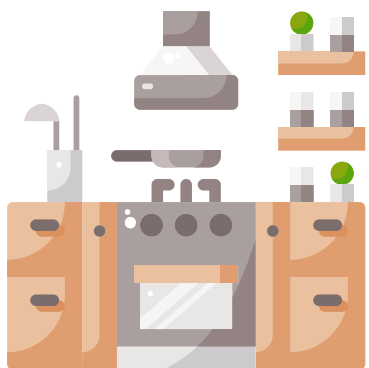
- Remove small throw rugs, if possible. If not, secure the rug onto the floor by using heavy-duty double-sided tape or a non-slip backing to prevent the rugs from slipping and/or folding over.
- Ensure that furniture is not in anyone's way. If your loved ones use a walker or a wheelchair, check that they can walk through a room and not have to walk around furniture.
- Put away and secure any wires or cords (ex: appliance cords or extension cords) by coiling them or taping them against the wall (or other raised, flat surface) to prevent anyone from tripping over them. If you find that multiple extension cords are needed at home, consider having an electrician put in another outlet to reduce tripping hazards.
- Are there any random or stacked object(s) on the floor? Make it a habit to pick up items on the floor that do not belong there, like shoes, magazines, or small boxes.

STAIRWAYS & HALLWAYS

- Keep objects off the stairs and ensure that each step is even and does not show any sign of damage. Handrails should be securely fastened and not broken, ideally installed on both side of the stairs, and are as long as the length of the stairs.
- Ensure that stairways and hallways are well lit. There should be light at the top and bottom of the stairs, and at each end of hallways. Light switches should be easy to locate - use those that glow or have a dim light.
- Are the steps covered in carpet? Check if they are loose or torn. Carpet should be firmly attached to every step.



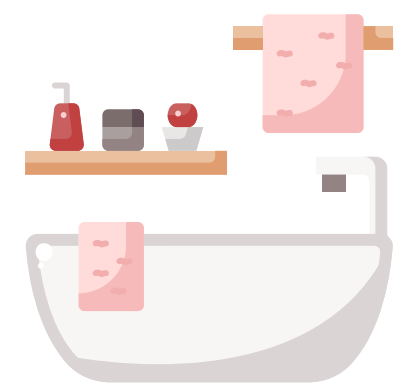
KITCHEN



- Place commonly used items on lower shelves, about waist high. If possible, avoid storing common items on higher shelves.
- If you must use a step stool, ensure that you find one equipped with a bar to hold onto. Never use a chair as a step stool.
- Ensure that pilot lights with automatic cut-offs for gas stoves are in good condition. Keep oven mitts within reach, knives and other sharp objects are safely stowed in their proper places, and that all cupboards and cabinets are closed.

BATHROOMS

- Place a non-slip rubber mat on the shower floor or bath tub. The bathroom floor should be kept dry to prevent slipping.
- Install grab bars or handrails in the shower and next to the toilet for support. Consider a shower bench and a hand-held shower to use.
- Check that the toilet seat is secured and does not slide or move when in use.
- Ensure that light switches are easy to find and easy to reach. Keep any electrical device away from water, i.e. away from the sink, toilet, shower etc.



BEDROOMS



- Place a lamp on each side of the bed, where it's easy to reach.
- Have a flashlight ready in your nightstand's drawer in case of an emergency or an unexpected power outage.
- Consider placing a nightlight between your bed and your bathroom to illuminate your path for extra safety measures.

OTHER SAFETY TIPS

- Get up slowly after you sit or lie down.
- Wear shoes with supportive soles both inside and outside the house. Avoid going barefoot or wearing soft slippers.
- Improve the lighting in your home by adding lighting to dark areas.
- Keep emergency numbers in large print near the home phone or any accessible area.
- Consider wearing an alarm device that will bring help in case you fall and can't get up.

