

Traycee Home Services Safety Tip Sheet

Use this tip sheet to evaluate your home surroundings to insure the safety of your loved ones.

ENTRANCE (Walkway, Sidewalk, Steps) check for:

- Areas clear and safe of any objects or clutter; surfaces non-slip and all railings secure
- Front door has functional peephole and secure deadbolt that a key can open from the inside
- Equipment, hazardous products / chemicals stored securely and properly marked

INTERIOR (Entry and Main Living Area) check for:

- Doorway / entryway wide enough to provide access, thresholds safe and level
- Door locks and windows open and close easily
- Location of stairs and if they are uniform in size and height. Colored or glow in the dark tape can provide visual markings to help distinguish between steps and increase visibility
- Sturdy furniture with strong back and armrest support
- Step stool sturdy with handle for support and non-skid surface

KITCHEN check for:

- Appliances in working order, ON / OFF buttons operable and clearly marked
- Electrical cords and appliances in safe distance from the sink
- Flammable items away from a heating source ie. towels, curtains in a safe distance from appliances
- Table and chairs sturdy to provide support while leaning, standing and sitting
- Pot holders, oven mitts and hand held reaching tools available
- Whistling tea kettles and food timers in good working condition

BEDROOM check for:

- Telephone, emergency numbers, flashlight with working batteries and whistle near bed
- Mattress height is appropriate for the individual and has a firm edge to support getting in / out of bed

BATHROOM check for:

- Bathroom / shower accessible to provide a safe environment including ability to accommodate assistive devices such as a wheelchair, cane and / or walker
- Non-skid strips, decals, rubber mats in tub / shower
- Grab bars secure and near toilet / tub / shower - never grab towel bars for support
- Tub / shower seat with hand held shower wand available, elevated toilet seat for easy access

GENERAL check for:

- Medications current, clearly marked with instructions and stored safely, sharps container available
- Emergency plan in place, first aid kit available with fresh supplies, emergency response necklace used
- Locate all phones including portable and list of emergency numbers
- Adequate lighting to accommodate limited vision - locate light switches, lamps, flashlights, nightlights and if accessible from the bed, kitchen, room entryways, stairways and hallways
- Flooring including carpet, rugs and mats to have a non-slip surface and secured with carpet tape
- Medical equipment stored safely with all cords such as oxygen tubing tucked away
- Locate fire extinguishers, smoke / carbon monoxide detectors, electrical outlets and in good condition
- Additional appliances such as electrical heaters, blankets and fans in good working condition with automatic shutoff. Appliances placed safely away from rugs and drapery
- Water faucets clearly marked "hot / cold" and main controls for water temperature adjusted to prevent scalding. Check water temperature before entering tub / shower
- Smoking precautions followed such as safe cigarette disposal and no smoking during oxygen usage
- Pets and how they are handled; where they sleep, eat and go outside
- Regular home maintenance such as furnace and fireplace inspected yearly