

MAKING YOUR HOME SAFER

Living and Dining Rooms

- Arrange furniture for easy movement
- Choose tall furniture for easy standing
- Remove area rugs and other tripping hazards
- Add more lighting to rooms (e.g., ceiling/overhead lights)
- Tuck cords safely away

Bedrooms

- A lamp should be within easy reach
- Keep a flashlight next to your bed
- Add automatic night lights
- Keep exit route and pathway to bathroom clear

Kitchen

- Keep frequently used items within easy reach
- Place non-skid mats on tile flooring
- Keep fire extinguisher in assessable location
- Cover all sharp corners with padding

Bathroom

- Install grab bars in shower
- Some tubs may require a step for easier entry
- Place non-slid mats on floor and in shower or tub
- Use raised toilet seat

Pathways and Stairs

- Keep free of clutter
- Secure carpets with rug tape or remove completely
- Install handrails
- Have adequate lighting inside and outside the home
- Remove obstacles and hazards along pathways to home entrances
- Remove or roll up power cords

