



Home Safety Basics

Floors

- Keep the areas where you walk free from clutter, electrical and telephone cords.
- For tile or wooden floors, avoid wax.
- Tub and shower floors should have non-skid surfaces (mats or strips).
- Secure loose rugs and mats with carpet tape or attach non-slip backing.
- Make raised thresholds highly visible.

Stairs and Hallways

- Install sturdy handrails in all stairways and extend handrails beyond the top and bottom of steps.
- Lighting in stairways should be bright enough to see all stairs.
- Light switches should be available at both the top and bottom of stairs.
- Consider installing handrails along corridor walls.

Bathrooms and Kitchens

- Consider installing grab bars inside the bath or shower areas and next to the toilet.
- Consider installing a hand-held shower in the bath and shower areas.
- Keep frequently used items in the kitchen on lower shelves or stored in lower cupboards.
- NEVER stand on a chair to reach anything-Use a sturdy step stool preferably with a handrail.

Outside Your Home

- All steps should be in good repair and have handrails preferably on both sides of the steps.
- Consider installing ramps.
- All entrances should be well lit.
- Keep all entrances and sidewalks clear of snow and ice.

Keep Emergency Phone Numbers Posted Where They Can Be Easily Seen

**IF YOU FALL:
CALL 911 or other emergency contacts**



Home Fire Safety Basics

Prevention Tips

- Install smoke alarm outside of each sleeping area and on each level of your home. Install smoke alarm *inside* of sleeping area if sleeping with the door closed.
- Test smoke alarms one a month by pressing test button and replace all smoke alarm batteries at least once a year.
- Consider installing escape ladders for upstairs rooms and learn how to use.
- Have fire extinguishers and know how to use them.
- Have two escape routes for every room in your home and practice using your escape plan.
- Decide on a meeting location for your family after escaping from a fire.
- Do Not overload electrical outlets.
- Never leave grease cooking unattended.

If a Fire Occurs

- If there is smoke or fire in one escape route use another route and if there is smoke, remember to stay low and crawl under the smoke.
- Before escaping by opening a closed door, check to see if the door feels warm before opening it. Use another escape route if door feels warm-Do Not open door.
- If your escape route is blocked by smoke or fire-stay in the room and keep doors closed. Keep smoke out by placing rugs, blankets or pillows along bottom of doors.
- If there is a phone in the room CALL 911 and tell them where you are.
- Try to signal out a window for help using a flashlight or sheet.

