

Preventing Injury and Accidents in Your Home

While our homes are a place of peace and comfort, it is important to regularly evaluate how safe your home is to prevent accident and injury. By preventing falls and accidents, it allows you to stay healthy, independent and active as you grow older. In fact, the risk of falling increases with each additional 10 years of life and once you have fallen, you are twice as likely to do it again.

Specific Areas to Evaluate in Your Home

Bathroom

- Make sure all tubs and showers are non-slip by using adhesive strips or mats. You can place them in front of the bathtub, sink and toilet for added stability.
- Remove any loose rugs as these can cause accidental trips and falls.
- Consider installing a single use lever on your sink faucets and shower to mix hot and cold water together to help prevent accidental burns.



Stairs and Steps

- Ensure that stair treads are deep enough to place the whole foot on them.
- Each step should provide a safe and stable surface. If you have wood or tile steps, consider installing rubber treads to prevent slips and falls.
- Ensure that there is adequate lighting—there should be light switches at the top and bottom of the stairs.
- Remove any runners or loose rugs at the top and bottom of stairs to prevent trips and falls.

Bedrooms

- Place lights strategically in your bedroom to avoid having to walk through your bedroom in the dark.

- Ensure bedding isn't too long and lying on the floor. The right length of bedding will prevent accidental trips and falls.
- Place smoke and carbon monoxide detectors near bedrooms so that you can hear them even in the middle of the night.

Appliances

- Have any gas burning appliances such as hot water heaters or furnaces checked by a qualified HVAC technician at least once a year. Also, ask technician if the furnace is properly vented.
- Keep the area around your water heater free of items as they could catch on fire.
- Only use your dryer when you are home. Turn it off if you go out.

Electrical Safety

- Have an electrician check out any outlets that feel warm.
- Make sure that you are using the correct wattage light bulbs for light fixtures.
- Plug in only one high wattage appliance per outlet.

Furniture

- Ensure that heavy weighted items (i.e. bookcases, dressers, TV's) are anchored to the wall to prevent the items from tipping. Anything that a child could potentially climb could accidentally tip and cause severe injury or death.
- When securing a TV to the wall, make sure it is well anchored and cords are disguised or tucked away to prevent children from accidentally pulling down the TV on themselves.



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