

Spring Safety Checklist

Keeping your living environment safe reduces fall risk and helps you live as independently as possible. You, or if you need a little assistance, a loved one, can use this checklist of major safety items to help keep your home in tip-top shape.

Medication

- Update the list of all medications, vitamins, and supplements
- Safely dispose of any expired or discontinued medications (you can take your expired medications to your local pharmacist for safe disposal)

Bathroom

- Install grab bars (if needed) or make sure existing ones are sturdy and properly attached
- Replace bath mats with non-skid low-profile mats
- Install a raised toilet seat or safety frame (if needed) or check that existing one is sturdy
- Make sure tub or shower-floor is non-slip with a mat or non-slip stickers
- Add automatic night lights to make it easy to see at night

Bedroom

- Use automatic night lights to light the way to the bathroom
- Check that the bedside lamp is easy to turn on and off
- Make sure the phone and/or your medical alert device is easy to reach from the bed
- Check that the bed is easy to get into and out of (if not, add an aid)
- Keep clothing and daily dressing & grooming items within easy reach

Outside the House

- Make sure that house numbers are clearly visible from the street, night and day
- Check that walkways are clear, free of tripping hazards, and have supportive handrails (as needed)

Kitchen

- Prominently post emergency contact information on the fridge and near the telephone
- Check that appliances are in good working condition
- Place frequently used items in easy reach
- Put away appliances that are rarely used to remove clutter
- Check that the stove, refrigerator, and freezer are in good working condition

General House

- Set the water heater at a temperature that won't scald (current regulations state that the maximum temperature for delivery to bathrooms is 50 degrees)
- Check that all sinks and drains are in good working order
- Clear hallways and main floor spaces of dangerous clutter
- Secure all electrical cords at the edges of rooms
- Make sure lighting is bright, that there are on/off switches at every doorway
- Replace light bulbs as needed or switch to long-lasting LED bulbs
- Change smoke detector batteries or switch to a 10-year smoke detector
- Make sure fire extinguishers are fully charged and easily accessible
- Check that furniture is sturdy and in good shape – no wobbly or sliding chairs
- Check that flooring is smooth and free of tripping hazards