

## Staircase Safety

- Handrails need to be sturdy.
- Make sure stairs are well lit at all times of the day.
- There cannot be any items on the staircase. Keep the stairs clear and safe for use.
- Stairs must be even to decrease the risk of falling.
- Replace any worn carpeting right away.

## Bathroom Safety

- Shower/bath seat needs to be accessible.
- Protect outlets from electric shock.
- All doors should open outwards.
- No glare should come from the lighting.
- Light switches should be near the door.
- Towel bars have to be sturdy.
- Shower doors should be made of plastic or safety glass.
- Shower/tub needs a non-slip surface.
- Flooring should be matte finished or covered with carpeting.

## Living Room Safety

- Remove any furniture that is wobbly or could create a safety hazard.
- Keep pathways clear of any cords. Do not run cords under carpeting.
- Remove footrests or any short tables from pathways.
- Make sure fireplace is always cleaned before use.
- Check to see that all rugs are level with the ground.

## Bedroom Safety

- Any fire hazards need to be kept far away from bedding, curtains and furniture.
- Lamp or flashlight should be within reach of the bed at all times.
- Have a sturdy chair in the room in case you need to sit.
- Keep phone close to the bed.
- All pathways from bed to bathroom need to be completely clear.

## Kitchen Safety

- Have a sturdy step stool with handrails nearby in case you need to grab something from a higher shelf.
- Stove area needs to be clutter free and clean at all times.
- Have a fire extinguisher nearby. The extinguisher needs to be less than 10 years old and in working condition.

- All appliances with cords need to be far away from any water sources.
- Never leave the kitchen while cooking anything.
- Ventilation is important. Without proper ventilation, indoor air pollutants and carbon monoxide can make the air unsafe.