**COMMUNITY OF CARE**

**A non-profit organization serving**

**rural Cass County, ND • 1-800-347-0032**

**HOME SAFETY CHECKLIST**

1. Are emergency numbers posted on or near the telephone and is the

telephone within reach?

1. Do you have life alert? If not, this is an important safety tool for the

home.

1. Ask yourself two important questions:
	* 1. If you fell tonight, how would you get up?
		2. If you can’t get up, how will you get help?
2. Are lamp, extension, telephone, and other cords placed out of the flow of

traffic?

1. Are electrical cords in safe condition? For example, they are not frayed,

spliced, or overloaded?

1. Are all small rugs and runners slip resistant? For example, try to remove

scatter rugs.

* + 1. Are your shoes or socks non-skid?
1. Are bathtubs and showers equipped with grab bars, non-skid mats,

abrasive strips, or surfaces that are not slippery?

1. Do you have a raised seat if you have difficulty getting on and off the

toilet?

1. Is your tap water adjusted to 110 to 120 degrees to prevent tap water

scalds?

1. Is a light switch located near the entrance to a room? Are lamps or light

switches within reach of your bed? Consider a night-light or a bright light for the path to the bathroom.

1. Are stairs well lit? Do stairs have sturdy handrails located on both sides

of them?

1. Are the stairways, hallways, and doorways free of clutter?
2. Are stepstools and ladders sturdy and safe?
3. Are frequently used kitchen supplies and food stored in an easy to reach

location to avoid climbing and bending?

1. Do you set a timer to remind yourself of food cooking or baking?
2. Do your space-heater, furnace, and stove have 36 inches of

 surrounding space, free from items that can burn?

1. Are smoke and carbon monoxide detectors in good working order?
2. Are all medications stored in the containers that they come in, and are

they clearly marked and child proofed?

* + 1. It is a good idea to keep a current list of your medications and keep it with you.
		2. Are you able to self-manage your mediations?

**If you have further questions and concerns on home safety regarding you or your loved one, please see our resource page or contact Community of Care.**