

Your Health Matters

GENERAL HOME SAFETY

Tips:

- Turn on your lights and make sure your home is well lit so that you can walk around the house safely.
- Use night lights after dark.
- Keep walkways clear of obstacles and secure electrical wires and cords.
- Remove rugs and mats where possible. If you are not able to remove them, secure rugs and mats to the floor by taping the ends or use a non-slip mat.
- Do not use wax finishes on floors as they can make floors slippery.
- Dry wet areas on floors to avoid slipping.
- Carry a portable phone with you or keep a telephone close by for easy access and to avoid rushing.
- Sit down when putting on or taking off your clothes and shoes.

HOME ENTRANCE SAFETY CHECKLIST

Tips:

- Install railings on outdoor staircases, pathways and decks.
- As seasons change, keep entrance steps and walkways free of snow, ice and leaves.
- Repair loose, cracked or uneven entrance steps, walkways and decks.
- Have your mailbox at an easy-to-reach height.
- Ensure your house number is visible to others.
- Ensure your entrance doors are easy to open and close.
- Have a seat inside the entrance of your home to put on or remove your footwear.
- Keep extra footwear, coats, umbrellas, bags and other items off the floor and stored away.

Available in multiple formats

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BEDROOM SAFETY CHECKLIST

Tips:

- Ensure the bed is the right height for you to get on and off safely.
- Consider a bedrail or floor-to-ceiling pole to help you get in and out of bed.
- Consider keeping a commode or urinal (for men) by your bedside if you tend to rush to the bathroom in the middle of the night.

STAIR SAFETY CHECKLIST

Tips:

- Have handrails on both sides of your staircase.
- Make stair edges stand out by marking them with coloured tape.
- The back of each step in the staircase should be closed in.

KITCHEN SAFETY CHECKLIST

Tips:

- Store items in cupboards where you can reach them easily.
- Store heavier items in lower cupboards and lighter items in higher cupboards.
- Sit when preparing meals if possible.

BATHROOM SAFETY CHECKLIST

Tips:

- Use a non-slip bathmat in your tub.
- Consider using a bath chair in the tub.
- Drain the tub before getting out.
- Only use well-installed grab bars for support (either clamp or wall-mounted).
- Do not use towel racks for support.
- Do not use bath oils as they can make your tub slippery. Install a raised toilet seat and/or grab bar if your toilet seat is low.

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