

# Care MATTERS® LIST SAFETY & SECURITY

*Everyone should maintain a safe environment, but it is especially important for the frail elderly. Take a walk around the home systematically checking and noting the following.*

## ELECTRICAL ISSUES

- 1) Are electrical cords:  Out of the general traffic flow? \_\_\_\_\_  
 Stapled or nailed to walls or baseboards? (If so, not a safe idea.) \_\_\_\_\_  
 In good condition and able to handle the proper electrical load? \_\_\_\_\_
- 2) Check outlets and light switches:  Are they are cool to the touch? \_\_\_\_\_  Do they have cover plates? \_\_\_\_\_
- 3) Look at all lightbulbs:  Are they the right size and type for the fixture? \_\_\_\_\_
- 4) Appliances:  Are they unplugged when not in use. \_\_\_\_\_
- 5) Space heater:  Using a 3-pronged/grounded outlet for it?  Is it stable and safe from being knocked over? \_\_\_\_\_
- 6) Electric blanket:  Should not be tucked in.  Should not have anything heavy on top of it. \_\_\_\_\_
- 7) Fuse box:  Fuses are the correct size for the circuit. \_\_\_\_\_  There are extra fuses on hand. \_\_\_\_\_

## FIRE AWAY

- 8) Is there a fire extinguisher on every floor and in the kitchen? \_\_\_\_\_
- 9) Are cigarettes and space heaters away from beds, sofas, and curtains? \_\_\_\_\_
- 10) Are smoke detectors working? (Change the batteries twice a year when the time changes.) \_\_\_\_\_
- 11) Have you developed and walked through an emergency exit plan? \_\_\_\_\_
- 12) There is a large print set of emergency numbers by every phone in the house. \_\_\_\_\_

## SLIP PROOF THE HOME

- 13) Are small rugs or runners in the home:  Slip-resistant? \_\_\_\_\_  Good condition with no holes or snags to trip on? \_\_\_\_\_
- 14) Tubs or shower stalls:  Have non-skid mats? \_\_\_\_\_  A grab bar? \_\_\_\_\_
- 15) Take a walk up and down any stairs and lean on the railing. Is it very sturdy? \_\_\_\_\_
- 16) Is the home well-lit through-out? In every room, hallway and stair well? \_\_\_\_\_

## PLAN FOR POWER OUTAGES

- 17) Every room should have a flashlight, and every bedroom should have both a flashlight and a whistle. \_\_\_\_\_
- 18) Keep a cell phone or the old plug-in variety handy. Portable phones will not work in a power outage. \_\_\_\_\_

## STAY SAFE IN THE KITCHEN

- 19) Are towels and curtains well away from the range? \_\_\_\_\_
- 20) Regularly clean out the refrigerator and pantry, throwing away expired food. \_\_\_\_\_

## BED & BATH

- 21) Is a first-aid kit available and is it up-to-date? \_\_\_\_\_
- 22) The doors and windows should have locks that are secure and operating. \_\_\_\_\_
- 23) Telephone is accessible from both bed and bath. \_\_\_\_\_
- 24) Medicine cabinet: Medications should be kept in original bottles, clearly marked, and thrown out when expired. \_\_\_\_\_

## GUARD AGAINST CRIME

- 25) Never keep large amounts of cash at home. \_\_\_\_\_
- 26) Never open the door for any stranger. \_\_\_\_\_
- 27) Use a person with a young-sounding voice to make your answering machine message. Use *we* instead of *I* in your message.
- 28) Be discreet. Don't announce you are away. Never openly disclose that you live alone. \_\_\_\_\_



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