



Safety at Home

It's important to feel safe in your community and in your home. Accidents and injuries often occur in the home, but many of them are preventable and can be avoided by removing scatter rugs that you could slip on or trip over, installing grab-bars in the bathroom, adding brighter lighting, or arranging your storage shelves so that everything is within easy reach. Safety in the home also includes keeping your medication up to date and having an emergency kit and plan in case of a disaster. Make sure you have a lamp, flashlight and telephone within reach of your bed.

Questions to think about when planning to stay safe in your home:

Is there adequate lighting throughout your home? Falls can occur in areas with low lighting.

Do you keep a flashlight within reach of your bed?

Does your home have an operational smoke detector, carbon monoxide detector, and fire extinguisher?

Do you have an escape route, or meeting place planned, in the event of an emergency?

Are emergency phone numbers posted near a telephone in your home?

Do you have an emergency / earthquake kit with water, gloves, medication, first aid, prescription glasses, flashlight and non-perishable food?

Is your home well ventilated? A poorly ventilated home can cause poor indoor air quality. Lack of proper ventilation may occur in tightly sealed buildings.

Is there a block watch in your area?

If you live alone, do you keep in regular contact with a friend / family member to let them know how you are doing?

[Safety at Home](#) (link)

[Ventilation](#) (link)

[Planning for Healthy Aging](#) (link)