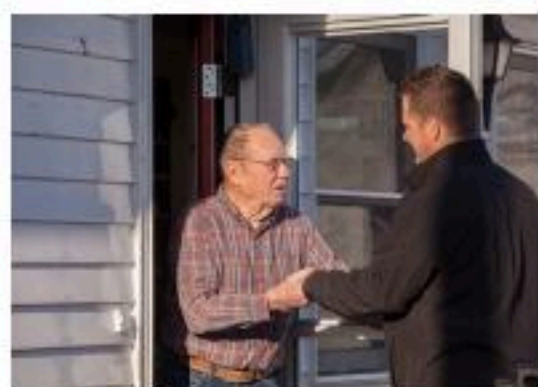




Home Safety Checklist ✓

Use this checklist to ensure your home doesn't pose any health threats.



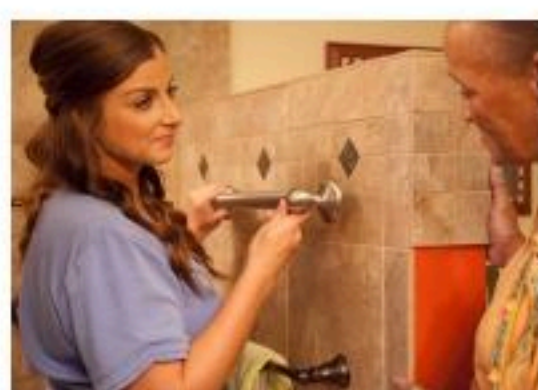
General

- Find someone to check on you regularly.
- Discuss medications with physician to determine affects on balance.
- Schedule vision check.
- Establish light exercise routine.



All Rooms

- Repair loose carpeting and remove rugs that do not have a non-slip backing.
- Clear traffic areas of furniture and clutter.
- Secure electrical cords/other wires against walls.
- Install bright lighting with switches and working bulbs.
- Place telephones on tables at a height that can be reached easily.



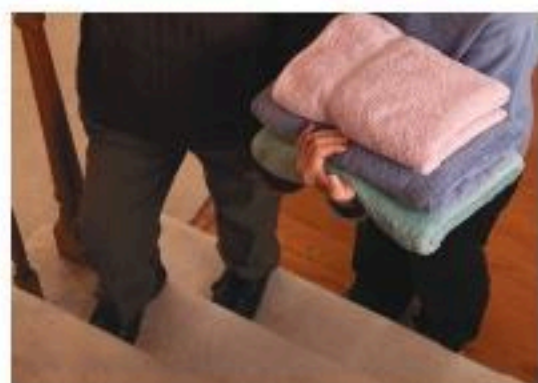
Bathroom

- Place non-slip surfaces in the tub or shower.
- Place a nightlight near room entrance.
- Remove or add non-slip backing to rugs or bathmats on the floor.
- Ensure grab bars near the tub, shower and toilet are mounted properly.
- Add shower/tub bench or seat.



Kitchen

- Place items within reach without use of a stool.
- Stock refrigerator with nutritional food and discard expired foods.
- Create area to sit during food preparation.
- Repair flooring that has cracks, slips or upturned edges.



Stairs & Inclines

- Remove all clutter from the pathway.
- Create plenty of room to move at top and bottom.
- Secure sturdy handrails at the proper height.
- Install proper lighting and include switches at the top and bottom of stairs.
- No loose carpeting or edges to catch on.



Bedrooms

- Clear traffic area from bedroom to bathroom.
- Ensure a light is within easy arm's reach of the bed.
- Position closet shelves between waist and shoulder high.



647-286-8892 | www.inhomecareservices.ca
6700 Mercy Road, Suite 400 | Omaha NE 68106

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