

Home Safety Information

Home Safety

- Lamp, extension and telephone cords are placed out of the flow of traffic.
- Small rugs and runners are slip –resistant.
- Exits and passageways are kept clear.
- Sturdy handrails are fastened securely on both sides of the stairways.
- Handrails run continuously from the top to the bottom of each flight of stairs.
- Steps are even and of uniform size and height.
- You can clearly see the edges of the steps.
- There is nothing stored on the stairway, even temporarily.

Telephone Access

- Emergency phone numbers are posted on or near the telephones.
- There is ready access to a telephone in the event of a fall or some other emergency which prevents you from standing and reaching a wall phone. There is a telephone close to the bed you will be using.

Lighting

- There is good, even lighting over the stove, sink and countertop work areas, especially where food is prepared.
- Hallways, passageways between rooms and other heavy traffic areas are well – lighted.
- There is a light switch located near the entrance to the bathroom and there are lamps or light switches within reach of the bed.
- There are light switches located at both the top and bottom of inside stairways.

Bathroom Safety

- The bathtub and shower are equipped with nonskid mats, abrasive strips or surfaces that are not slippery.
- Bathtubs and showers should have at least one grab bar and preferable two grab bars. The water temperature on the hot water heater is set at “low”, 120 ° F or below.

Medications

- All medications are stored in the containers that they came in, are clearly marked, and are not expired.

**If you have questions or need additional information,
contact us at 703-391-3667.**
