



HANDYMAN ELMO

(513) 878-2583

HandymanElmo@gmail.com

Home Safety Checklist

- Keep all walking pathways clear
- Remove area rugs - they are trip hazard
- Prevent accidental scalding by setting your water-heater thermostat to 120°F or lower
- Keep a flashlight at bedside
- Keep a cellphone at bedside
- Keep a “hard line” telephone in home- they work even in power outages.
- Clearly label all medications
- Store Medications in cool dry place (not the bathroom)
- Post emergency numbers and your address by each telephone
- Avoid ladders. If you need a step up, purchase a sturdy 2 step stool with rubber treads and a rubber safety hand grip.
- Do not run extension cords across floors.
- Only use properly sized and grounded extension cords.
- Install non-skid tape in the floor of your shower.
- Use LED lighting in lamps and fixtures (equivalent to 100 watt bulbs); they are brighter and need replacing less frequently.
- Do not smoke in bed.
- Do not wax your floors.
- Make sure smoke/ CO2 detectors are working properly.
- Ensure there is adequate night time lighting from bed to bathroom.
- When getting up from lying down: First sit upright (wait 1 minute) then arise slowly assuring you have good balance.
- Stairs should be free of any clutter and have non slip. Surfaces
- Secure all handrails and make sure there are grab bars in bathrooms.
- Make sure there are handrails on both sides of stairs leading into the home.
- Make sure the rubber on bottom of all canes, crutches, or walkers are in good repair and securely fastened.
- Purchase a stair lift if necessary to get from floor to floor safely.