



HIRED HANDS INC.

The majority of home accidents involving seniors can be avoided by following simple precautionary measures. HIRED HANDS INC. is devoted to helping seniors remain safe and comfortable at home.

Home Safety Checklist for Seniors

General

- Remove boxes and clutter from doorways and passageways. Eliminate obstacles.
- Make sure that banisters and rails on all stairwells are very secure. Make sure the carpet is in tact. On outdoor stairs, make sure there are abrasive strips and rough paint to eliminate slippery surfaces.
- Make sure that the flooring in entryways is non-slip, especially during rainy season. Floor mats provide much benefit if they are unobtrusive and secure.
- Remove rugs and runners in major traffic areas. For rugs that are necessary, make sure they have slip resistant backing or double-faced adhesive carpet tape so that they cannot slide around.
- Contact PG&E and your local water district and request that they come out to give instructions on turning off your gas and water in case of an emergency.
- In clear large print, place all emergency and important contact numbers on the refrigerator and close to all phones. HIRED HANDS magnets are a great way to have these numbers easily accessible!

Electrical

- Assure that all electrical cords/telephone cords are out of the flow of traffic.
- Arrange furniture so that outlets are available and easily accessible. Falls can happen when outlets are hard to reach.
- Confirm that electrical cords are not damaged, cracked or frayed, which could lead to a fire hazard.
- Do not position electrical cords and appliances in the vicinity of sinks, tubs, and showers.
- If outlets or switches are unusually warm to touch, do not use them until an electrician checks the wiring.
- Make sure that light bulbs are the proper size and wattage for the lamp or fixture? Generally, for safety sake use 60 watt bulbs or lower.
- Space heaters are not recommended. If absolutely necessary, do not to place near rugs, curtains, and furniture, or near walkways.

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- ❑ Test your smoke detectors at least once a month. Batteries should be changed twice a year (when you change the clocks in the spring and fall). Typically smoke detectors last for ten years. Proper placement includes each bedroom, and on each floor of the home.

Kitchen

- ❑ Do not hang towels, pot holders, decorations made of flammable material on or near the stove/oven.
- ❑ When cooking, try to wear short sleeves. Wearing long sleeves, or very loose clothing, increases the chances of clothing catching fire and causing severe burns.
- ❑ Make sure the kitchen has proper ventilation and the range exhaust is functioning properly.
- ❑ If a step stool is needed from time to time, make sure that it is stable and in good repair. Don't ever use a chair to reach items on high shelves. Consider moving items to a lower location.

Bedrooms

- ❑ Install night-lights in any areas that may be used in the dark (i.e. hallways, kitchen, especially bathrooms). Make sure lights or switches are located close to the bed for getting up at night
- ❑ When using electric blankets, keep the setting low and do not allow anything on top of the blankets including extra blankets or comforters.
- ❑ Be sure to have a telephone with important phone numbers close to the bed.
- ❑ Keep a working flashlight by the bed. Check the batteries regularly.

Bathrooms

- ❑ Handrails/grab bars: work with a licensed contractor to make sure they are properly installed and in the right locations for the person needing them. Recommended locations include two places in the bathtub/shower stall, one immediately outside bathtub/shower stall, and next to the toilet.
- ❑ Make sure tubs/showers are equipped with hand-held showerheads, shower seats and slip resistant matting.
- ❑ Make certain the water heater is turned down (recommended is 120 degrees or lower) to prevent scalding, and conserve energy.

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