

Bedroom/Bathroom

Do you have...

Grab bars in your bathroom?

A rubber bath mat in your tub?

A non-skid bath mat beside your tub?

A clear, well-lit path from the bedroom to bathroom for night-time travel?

Easy access to the telephone and lamp from your bed?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

TIPS

- Keep a flashlight with extra batteries at your bedside to help you see at night when the other lights in the room are off. Never use a candle.
- Post emergency numbers by all phones for easy access.
- To increase your safety, grab bars may be installed around the tub and toilet. These may be purchased from a home health services and supply store (see yellow pages) where you can get advice on the proper installation.
- A towel rack is **not** designed to be used as a grab bar.
- A home health services and supplies store can advise you on safety products such as bath stools for the bathroom.



If you have answered "yes" to all of the questions,

Congratulations!

If you have answered "no" to any questions, your home/your safety may be in *jeopardy*.

Follow the tips to *improve your safety* or call the Haldimand-Norfolk Health Unit for more information.



Simcoe

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Simcoe, ON N3Y 4L1
519.426.6170 / 905.318.6623

Email: info@hnhu.org

Web: www.hnhu.org

Caledonia

282 Argyle Street South
Caledonia, ON N3W 1K7
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Kitchen

Do you have...

A sturdy stool for reaching your cupboards?

Your everyday dishes, kitchen supplies within easy reach?

Your tile, linoleum and carpeting secure to the floor?

The dials on your stove clearly marked ON/OFF?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

TIPS

- Keep heavy items in lower cupboard and light items no higher than shoulder height.
- If you wax your floor, use a non-slip wax. This should be written on the label.
- Remove scatter rugs as they are a common cause of falls.
- Don't wear loose clothing while cooking. Hanging fabric can easily catch on fire.
- Turn pot handles inward to prevent accidental "tipping" of the pot.
- Use oven mitts for handling all hot items. Remember items from the microwave are also HOT.
- An appliance store will order new dials for your stove. A red marker can also be used to mark the stove.
- Use a stool with a handle and rubber tips.

Basement

Do you have...

Stairways that are well lit and free of clutter?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Secure handrails on **both** sides of the stairway?

The knowledge to change a fuse or reset a circuit breaker?

Your hot water heater set at no more than 120° or 49°C?

The knowledge to store and dispose of hazardous waste safely, e.g., paint, turpentine, gasoline etc.?

TIPS

- Adding a strip along the edge of each step, in a contrasting colour, makes the stairs easier to see.
- Handrails on both sides of stairwells should project beyond the top and bottom step.
- Learn where your fuse box or circuit breaker panel is located. Check with an electrician or Ontario Hydro about any concerns about fuses/circuits.
- If you are unsure of which fuse to buy, take the fuse you want replaced to the store and let the clerk advise you.
- Phone your appropriate regional or municipal office for information about the disposal of hazardous wastes.
- Hydro may be able to assist you with any questions.

Medications

Do you have...

Your medications in clearly labelled bottles?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Keep your medications in a cool, dry area? (NOT THE BATHROOM)

Take your medication in a brightly lit room?

Discard your medications after the expiry date?

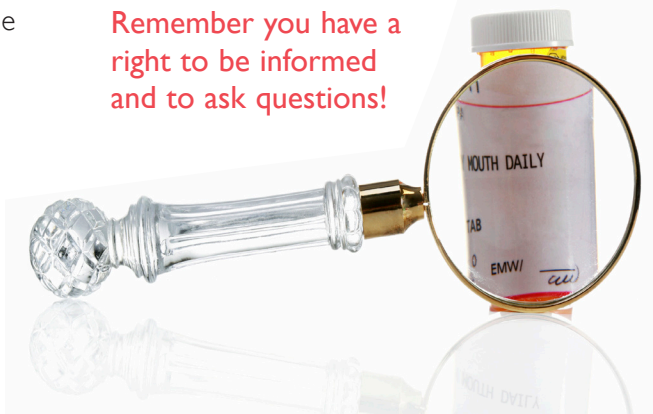
Use only medication that has been prescribed for you?

Understand the purpose for each of the medications you are taking?

TIPS

- Ask your doctor or pharmacist questions about your medications, such as why you are taking them, side effects and alternatives to taking medications.
- Complete a medication record and keep it with you at all times, including allergies and medical conditions.
- If you have difficulty swallowing medications or opening a container, talk to your pharmacist.

Remember you have a right to be informed and to ask questions!



Fire Hazard Check

Do you have...

Extension cords in good condition and out of travel paths?

Electrical outlets that are not overloaded?

One working smoke alarm for each level of your home?

A working carbon monoxide detector in your home?

A fire extinguisher in your kitchen?

An emergency exit and escape plan in case of fire?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

TIPS

- Electrical cords under carpets cause friction and can result in damage to wire casing.
- It is required by law, that every home in Ontario must have a working smoke alarm on every storey and outside all sleeping areas. Contact your local fire department for the correct location of this alarm.
- It is recommended that new batteries be put in your smoke alarm two times per year when you change your clocks.
- The recommended location for a fire extinguisher is in the kitchen secured on a bracket, away from the stove.
- Your local fire department may be able to assist you in developing an escape plan from your home.
- Your gas company will assist you if the pilot light on your furnace goes out or if you smell gas in your home.

Security Check

Do you have...

Lights on in the house when you are away for any length of time?

A door viewer on your exterior doors?

Windows that have operating locks?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

TIPS

- Putting a couple of lights on timers and leaving a radio on in the house will give the lived-in impression to potential intruders. Always let a neighbour know you are away.
- A door viewer, in addition to good lighting, is the best security system because you can see the person before opening the door.
- Keep all doors and windows locked at all times, even when you are inside the house.
- Don't open the door to anyone you are not expecting. Be confident "JUST SAY NO!" If you have any concerns, call your neighbour or the police immediately.

