

# THE RISK OBSERVER

Safety Information for Residents

## A SAFE LIVING ENVIRONMENT

Part of making your home environment as comfortable as possible includes taking precautions that relate to safety. Simple precautionary measures can drastically reduce the chances of an accident occurring within your home. The leading cause of unintentional home injuries is due to slips and falls. We encourage families to identify and correct potential slip and fall hazards in and around their home.

- Illuminate your home using the maximum safe wattage allowed in your light fixtures. The maximum wattage can usually be found inside light fixtures. Also, the use of nightlights can help light the way during night-time hours. The automatic nightlights that come on by themselves when it senses darkness are efficient and convenient.
- Keep stairs, steps, landings and all floor surfaces clear of clutter. Keep electrical cords neatly out of walkways. In homes with children, make sure toys are put away when not in use. Use safety gates at the top and bottom of stairs and at entrances of other prohibited areas if very young children are present.
- Use non-skid throw rugs on slippery floor surfaces to reduce your chance of slipping.
- If it is necessary to reach elevated areas, use a sturdy step stool with hand rails.
- Follow medication dosages closely. The use of multiple medications and using medications incorrectly can lead to dizziness, weakness and other side effects that can cause a dangerous slip or fall.

Some other preparations for maintaining a safe home environment are:

- Make sure all your exterior doors have locks that are in working order. Report broken door or window locks immediately. Always make sure you lock up when you go out – even for a few minutes.
- Secure sliding glass doors with bars or locks or put a wooden dowel or broom handle in the door track.
- Don't hide door keys under the doormat or anywhere outside. It's much safer to leave an extra key with a trusted neighbor or a nearby friend.
- Never remove the battery or disconnect a smoke detector.
- Never leave the kitchen when cooking on the stovetop or range.
- Keep pot handles turned inward so you don't accidentally bump them, and so children can't grab them.
- Matches and lighters need to be stored out of a child's reach, preferably in a locked cabinet. Candles should be up high, out of a child's reach. Children should never be left alone, even when sleeping, in a room where a candle is burning. NEVER allow children or teenagers to have candles in their bedrooms. Bedrooms are where almost half of all candle-fires originate.
- Stay up to date on product safety recalls. If you need to know if a product you have obtained has been recalled, you can check by visiting this government website: [www.Recalls.gov](http://www.Recalls.gov)