

General Safety Precaution Checklist:

- Make sure that there are working smoke detectors on every floor.
- Find a phone with large number pads and large speed-dial keys that can be programmed with important numbers.
- Post emergency phone numbers in large print on or near the telephone.
- Supply telephone with direct dialing system for emergency/important numbers.
- Hide house key outside or give to neighbor for emergencies.
- Put automatic door closing devices on doors to outside and alarms when needed.
- Notify local police department that if your family member is memory impaired.
- Be certain that there is adequate lighting throughout the house and install nightlights.
- Check that all electrical cords are free of frays. Put childproof plugs in outlets.
- Be certain that no outlets or switches are unusually warm or hot to touch.
- Reduce clutter; Remove furniture that is hazardous and may move when leaned on.
- Put reflector tape on furniture corners, hallways, bedrooms to create a path to follow at night.
- Avoid polished floors that may be slippery and remove all non skid resistant rugs and runners.
- Put opaque tape on glass door and picture windows
- Remove or lock up sharp objects/breakable ones and remove all firearms from home.
- Keep electric fans out of reach. Cover radiators with radiator guards.
- Supervise or restrict smoking, use safety ashtrays and keep matches/lighters out of reach.
- Use flame-retardant mattresses, pillows, and sheets and plan procedure for fire evacuation.
- Store all prescription and over the counter medications safely away and clearly labeled.
- Lock up cleaning supplies, chemicals and poisons and install a carbon monoxide detector.
- Lock up valuables, important papers and documents and have system for safe mail retrieval.
- Be certain plumbing and utilities are working.
- Remove poisonous houseplants and have first aid kit easily accessible.
- Take away car keys when necessary and disarm/hide controls for automatic garage doors.
- Inform neighbors of any safety features in home that may restrict entry.