



Home Safety Tips

Use the following safety information to help lower your risk for injury.

Home changes

- Arrange furniture so you have clear pathways.
- Remove raised doorway thresholds.
- Remove throw rugs. Make sure carpeting is secured to the floor or steps. Repair frayed carpet.
- Do not use wax on floors or else use non-skid wax.
- Remove electrical cords and wires from under carpet or area rugs. Coil or tape electrical cords and wires next to the wall so they are out of the way.

- Install grab bars and safety strips or a non-slip mat inside the shower or bath tub and next to the toilet.
- Remove from bathrooms glass containers or decorations that could easily break.
- Put a telephone in your bathroom and bedroom. Keep a cordless telephone near you.
- Mark stove dials with paint or tape for easier reading.
- Put a fire extinguisher in your kitchen.
- Install and check smoke alarms and carbon monoxide detectors throughout your home.

- Install sturdy handrails on both sides of stairs or make sure the handrails you use now are in good condition.
- Mark the top and bottom stair steps with colored tape or paint to make them easier to see.
- Put safety strips on stair steps to help prevent slipping.
- Fix loose or uneven stair steps.
- Make sure lighting is good all through your home, especially in the stairways, hallways, and bathrooms. Put a lamp and a flashlight near your bed so they are easy to reach. Put night lights where you need them.
- Wear sturdy, low-heeled shoes with non-slip soles. Do not walk in bare feet, socks, or slippers.
- Consider wearing an alarm device that will bring help should you need it.
- Make sure your sidewalk and driveway are level and in good condition.

Kitchen

- Wear close-fitting sleeves to prevent spills, burns, or being caught on handles and knobs, which can happen when wearing loose sleeves.
- Use front burners whenever possible.
- Turn pot handles inward to prevent spills and burns. Open pot lids away from you.
- Slide pots instead of lifting to conserve energy and prevent straining.
- Use oven mitts instead of potholders for more protection.
- Pull out oven racks instead of reaching into the heat.

- Do not use aerosol cans near the stove or oven.
- Do not put metal objects in the microwave.
- Do not overload circuits. Unplug appliances when they are not in use.
- Clean up spills right away.

- Keep within easy reach items you use often.
- Use a step stool or a reacher to reach high shelves. Do not stand on chairs.
- Sit on a step stool or chair when you need to rest.
- Do not use chairs that have rollers.
- Use sharp knives instead of dull, worn knives.

Stairs

- Use handrails when you go up and down stairs.
- Keep steps and hallways clear of clutter.
- Use a back pack to bring any items up and down stairs.
- Organize your work and supplies to make fewer trips up and down stairs.

Bathroom

- Keep electrical appliances away from the tub and sink.
- Use grab bars, not water faucets, soap dishes, or towel racks, for support when you stand or sit in the tub.
- Use a bath/shower stool or chair and handheld shower head if you are not able to stand in the shower.
- Use an elevated toilet seat, a toilet seat riser, or a toilet safety frame if it is hard for you to get off the toilet.

Bedroom

- Keep clothes and objects off the floor.
- Close closet doors and drawers.
- Before you get out of bed, sit on the side of the bed for a few moments to limit dizziness.
- Wear nightwear that is short enough so you do not trip over it.

Outside

- Keep steps and sidewalks clear.
- Promptly remove ice and snow from your sidewalk and driveway.

Medications

- Keep a record of each medication you take. Include the name, purpose, appearance, and dosage.
- Keep all medications labeled. Always read the label before you take the medication.
- Take medication as you have been told. Do not take more or less medication.
- Use a daily or weekly medication dispense box.

- Store medications out of the reach of children.
- Ask your health care provider or pharmacist how to get rid of unused or expired medications.
- Never share medications.
- Do not take medication if there is evidence of tampering.

- Keep telephone numbers of your health care provider, pharmacist and the Poison Control Center by your telephone in case of an overdose.

Notes

BARBARA WOODWARD LIPS PATIENT EDUCATION CENTER

Mrs. Lips, a resident of San Antonio, Texas, was a loyal Mayo Clinic patient of more than 40 years and a self-made business leader who significantly expanded her family's activities in oil, gas and ranching. Upon her death in 1995, Mrs. Lips paid the ultimate compliment by leaving her entire estate to Mayo Clinic. By naming the Barbara Woodward Lips Patient Education Center, Mayo honors her generosity, her love of learning, her belief in patient empowerment and her dedication to high-quality care.

This material is for your education and information only. This content does not replace medical advice, diagnosis or treatment. New medical research may change this information. If you have questions about a medical condition, always talk with your health care provider.

MAYO CLINIC | 200 First Street SW | Rochester, MN 55905 | mayoclinic.org

©2012 Mayo Foundation for Medical Education and Research. All rights reserved. MAYO, MAYO CLINIC and the triple-shield Mayo logo are trademarks and service marks of MFMER.

MC0496rev1017