

SIMPLE STEPS TO SENIOR SAFETY



FIRE PREVENTION

- Remain in the kitchen while cooking; use a timer to remind you that you are cooking.
- Do not wear loose clothing or sleeves that may touch your stove top.
- When using electronics, do not overload outlets. Use the rule one outlet, one plug.
- Never use water on a cooking fire, turn off the heat source and cover with a lid.
- Discard cigarettes in an ashtray, never in a garden bed or pot.
- Never smoke in a home where medical oxygen is being used

BURN PREVENTION

- Turn pot handles in so they cannot be easily bumped.
- When drinking hot liquids, place down in a safe place away from counter edges.
- Use a cup with a lid to prevent spilling.
- Use caution removing lids from pots or coverings from the microwave as steam can burn.

SLIPS AND FALLS

- Ensure there are no tripping hazards in the home by smoothing out carpet and addressing uneven flooring.
- Apply non slip strips to the bath tub and shower floor.
- Ensure railings inside and outside of the home are secure.
- Tidy clutter so entries and exits are easily accessible.
- Take your time while rising from sitting to standing to gain balance.
- Stay active daily to decrease the risk of slips and falls.



HEALTH AND WELLNESS

- Call your pharmacist to refill your prescription to avoid non-essential trips to the pharmacy.
- Call family if you need help with groceries or order from your local grocery store for pick up or delivery.
- Phone a friend or neighbour to talk if you are feeling lonely.

LIFE LINES

- Lifelines are a great tool to have if you are:
 - Recovering from a recent hospitalization
 - At risk of falling
 - Live alone
 - Require assistance for daily activities or use a cane, walker or wheelchair
 - Dependent on a caregiver
 - Manage multiple medications or health conditions

