

## Jamison: Patient Education and Wellness

### HANDOUT 19.1 HOME ACCIDENTS

#### RISK CHECKLIST

Dangers to avoid include:

- ☐ unsafe furniture
- ☐ poorly lit walk areas
- ☐ throw rugs or slippery, highly polished floor
- ☐ cluttered stairways
- ☐ long electrical cords
- ☐ exposed electrical wires/powerpoints
- ☐ a home in poor repair, e.g. uneven cracked paths, frayed carpets
- ☐ smoking in bed
- ☐ going to sleep with open flames, e.g. candles burning

#### SAFETY CHECKLIST:

Safety measures to employ:

- ☐ non-slip floor covering
- ☐ slip proofing in baths and showers
- ☐ controlled water temperature in hot water showers
- ☐ good lighting on stairs
- ☐ hand rails
- ☐ night lights in traffic areas
- ☐ fire alarms
- ☐ fire blanket
- ☐ smoke detectors outside all sleeping areas
- ☐ coiled kettle flexes or cordless kettles
- ☐ storing hot water at 120°F or less
- ☐ thermostatic mixer taps to baths and basins
- ☐ safe practice by unloading firearms and locking them away
- ☐ different secured storage areas for firearms and ammunition
- ☐ separate, secured areas for storage of poisons
- ☐ storage areas for poisons that are away from consumables
- ☐ back plates on the stove when possible
- ☐ safe practice by turning pot handles inwards away from the edge of the stove

*The more boxes you tick, the safer your home.*

See <http://home.howstuffworks.com/a-guide-to-home-safety.htm>  
<http://children.webmd.com/home-safety-6/default.htm>

Gun safety <http://www.webmd.com/video/gun-safety>  
<http://familydoctor.org/online/famdocen/home/healthy/safety/kids-family/228.html>