

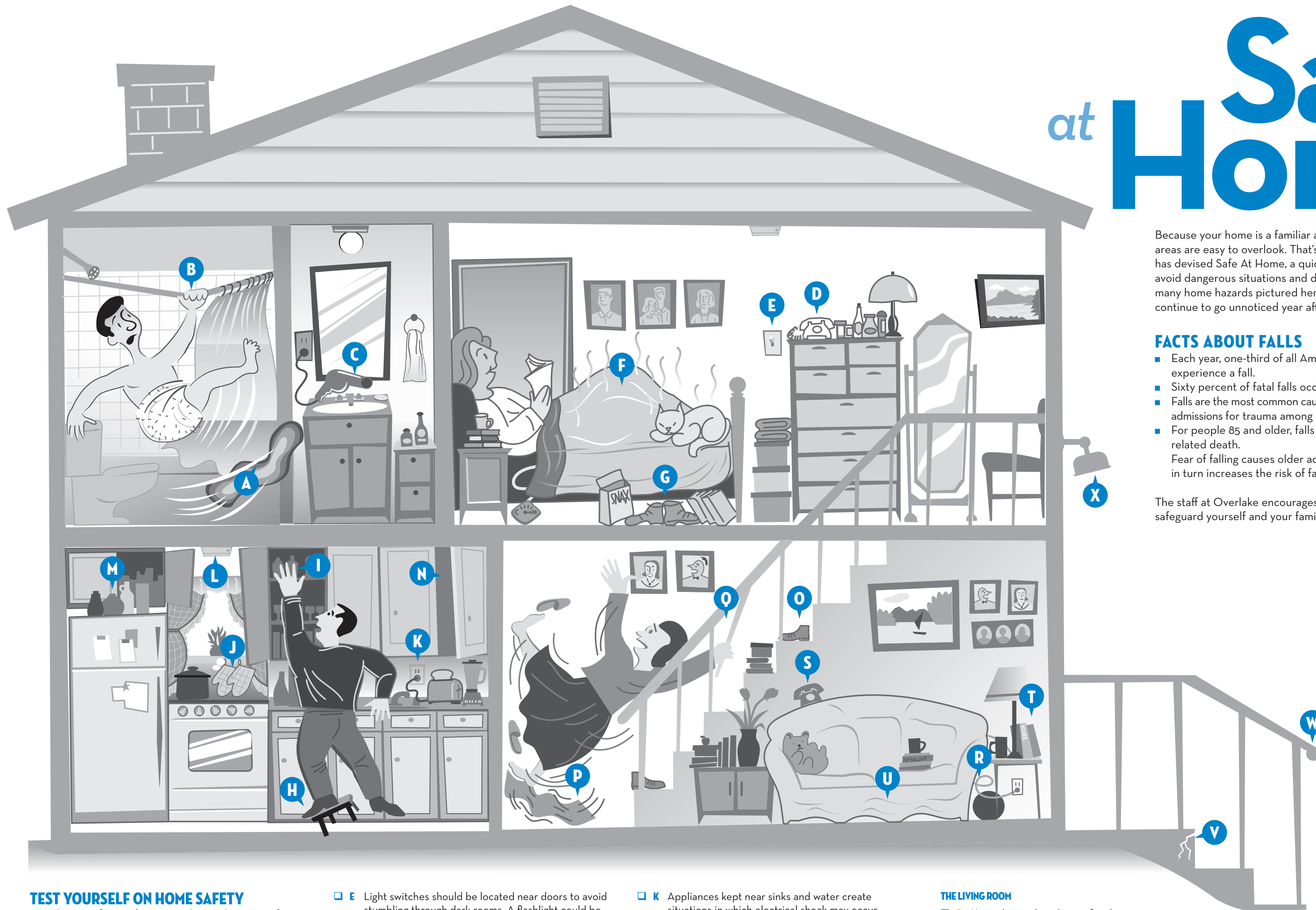
# at Safe Home

Because your home is a familiar and comfortable place, unsafe areas are easy to overlook. That's why Overlake Medical Center has devised Safe At Home, a quick checklist that can help you avoid dangerous situations and debilitating injuries. Although many home hazards pictured here seem obvious, they may continue to go unnoticed year after year - until a fall occurs.

## FACTS ABOUT FALLS

- Each year, one-third of all Americans age 65 and older experience a fall.
- Sixty percent of fatal falls occur in the home.
- Falls are the most common cause of injuries and hospital admissions for trauma among older adults.
- For people 85 and older, falls are the leading cause of injury-related death. Fear of falling causes older adults to limit their activity, which in turn increases the risk of falling.

The staff at Overlake encourages you to use this checklist to safeguard yourself and your family.



## TEST YOURSELF ON HOME SAFETY

In each room of our Safe At Home house there are safety problems. Match them up with the following:

### THE BATHROOM

- ❑ A Scatter rugs and towels cause slips and falls when used as mats in the bathroom.
- ❑ B A curtain rod (or soap dish, shower nozzle, etc.) is unsafe when used as a stabilizing handle; instead, install a secure grab bar at the edge of the tub and along the back wall. Also add grab bars for the toilet.
- ❑ C Hair dryers and other appliances located too close to water create the possibility for electrical shock.

### THE BEDROOM

- ❑ D Telephones should be located close to the bed in the event of an emergency.

- ❑ E Light switches should be located near doors to avoid stumbling through dark rooms. A flashlight could be kept by the bed.
- ❑ F Pets, books and other objects left on top of electrical blankets cause overheating and create a potential fire hazard.
- ❑ G Shoes, clothing and other objects left near the bedside are easy to trip over.

### THE KITCHEN

- ❑ H Use sturdy, safety-approved step stools when trying to reach objects on higher shelves - and never stretch on one foot to reach objects.
- ❑ I Store commonly used items in easy-to-reach areas - not on high shelves.
- ❑ J Potholders, curtains and other cloth objects create a severe fire hazard when located over or near a stovetop.

- ❑ K Appliances kept near sinks and water create situations in which electrical shock may occur.
- ❑ L Smoke alarms should be in every kitchen and kept up to date with fresh batteries. Fire extinguishers should also be kept current.
- ❑ M Objects kept on top of refrigerators and freezers easily topple over when the doors are opened.
- ❑ N Fasteners attached to cabinets keep doors from swinging open when not in use.

### THE STAIRS

- ❑ O Clutter - such as boxes, shoes, books - are easy to trip over when left on the stairs.
- ❑ P To avoid slips and falls, securely fasten scatter rugs to the floor.
- ❑ Q Stair railings must be checked regularly for sturdiness.

### THE LIVING ROOM

- ❑ R Keep electrical cords out of pathways.
- ❑ S Keep telephones in easy-to-reach areas, and emergency phone numbers nearby.
- ❑ T Space your furniture to allow for clear pathways.
- ❑ U Aging furniture that is too soft or sags makes it extremely difficult to get off a chair or couch.

### THE FRONT PORCH

- ❑ V Stumbles and falls occur when cement on steps is cracked and crumbling.
- ❑ W Railings should reach one foot beyond the top and bottom step of the porch.
- ❑ X Keep your entryway and porch well lit.



**OVERLAKE**  
MEDICAL CENTER