

2002 Agent Teaching Guide

Home Safety for Older Adults: Fall, Burn and Accident Prevention

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Target Audience

- Adult audiences

Objectives

- Participants will understand the possible serious consequences of falling.
- Participants will be able to recognize potential fall and safety hazards.
- Participants will be aware of safe alternatives to potential fall and safety hazards.

Main Teaching Points

- Identification of fall and safety hazards
- Understanding safe alternatives to hazards

Tools

- PowerPoint Presentation – To download PowerPoint presentation, left click on <http://www.uaex.edu/depts/CFS/Teaching>.
- Handout – Home Safety Checklist

Home Safety Checklist

INSTRUCTIONS: Use this checklist to conduct a hazard inspection in your home. Check each item YES, NO or N/A (not applicable).

Falls

- | YES | NA | NO | |
|-----|-----|-----|--|
| ___ | ___ | ___ | 1. Are all stairways clear of objects which could cause a person to trip? |
| ___ | ___ | ___ | 2. Do all stairways have a firmly anchored handrail? |
| ___ | ___ | ___ | 3. Are all stairways well-lighted? |
| ___ | ___ | ___ | 4. If you have small children, do you keep safety gates closed across the entrances to stairwells? |
| ___ | ___ | ___ | 5. Are stair coverings securely anchored? |
| ___ | ___ | ___ | 6. Do you have a safe step ladder for home use? |
| ___ | ___ | ___ | 7. Do you have a safe step stool with a hand rail for reaching high shelves? |
| ___ | ___ | ___ | 8. Are all scatter rugs skid-proof, and do they lay flat? |
| ___ | ___ | ___ | 9. Are all carpets securely anchored? |
| ___ | ___ | ___ | 10. Are all entrance ways, exits, halls and walks well-lighted? |
| ___ | ___ | ___ | 11. Are night lights used to prevent stumbling around in the dark? |
| ___ | ___ | ___ | 12. Are all walks, porches and doorways clear of obstacles? |
| ___ | ___ | ___ | 13. Are all hard-surfaced floors clean, are spills wiped up immediately? |
| ___ | ___ | ___ | 14. Is non-skid wax used on all polished floors? |
| ___ | ___ | ___ | 15. Is proper footwear worn to prevent slips, trips, falls and other fall injuries? |
| ___ | ___ | ___ | 16. Do bath tubs and showers have non-skid strips or suction mats in them? |
| ___ | ___ | ___ | 17. Are grab bars installed in bathtubs and showers? |
| ___ | ___ | ___ | 18. Are lamp, extension and telephone cords placed out of traffic areas? |
| ___ | ___ | ___ | 19. Are all chairs, tables and beds safe to use? |

Fires, Burns, Electrocutions

- | YES | NA | NO | |
|-----|-----|-----|---|
| ___ | ___ | ___ | 1. Are all electric receptacles of the three-prong grounded type? |
| ___ | ___ | ___ | 2. Are all bathroom, kitchen and outdoor circuits protected by a ground fault circuit interrupter? |
| ___ | ___ | ___ | 3. Do you know how to shut off the electrical, water and gas sources to your home? |
| ___ | ___ | ___ | 4. Are all fuses of correct amperage? |
| ___ | ___ | ___ | 5. Are fuses or circuit breakers labeled to identify outlets and appliances they protect? |
| ___ | ___ | ___ | 6. Does your home have adequate electrical power in all areas to safely operate all your electrical appliances? |
| ___ | ___ | ___ | 7. Do all light switches work correctly? |
| ___ | ___ | ___ | 8. Do all wall switches and outlets have safe coverplates? |
| ___ | ___ | ___ | 9. Are all appliance and extension cords in good condition? |
| ___ | ___ | ___ | 10. Is the ground prong still on all electric plugs which came equipped with one? |
| ___ | ___ | ___ | 11. Are all electrical appliances Underwriters Laboratories (UL) approved? Check both the appliance and the cord? |
| ___ | ___ | ___ | 12. Are small electrical appliances such as hair dryers, shavers, electric knives, coffee pots, etc., unplugged when not in use? |
| ___ | ___ | ___ | 13. Do you purchase "flame retardant" sleepwear for your children? |
| ___ | ___ | ___ | 14. If smoking is permitted in your home, do you provide deep, wide-rimmed ashtrays and prohibit smoking in bed or while lying down? |
| ___ | ___ | ___ | 15. Is the furnace cleaned and serviced yearly? |
| ___ | ___ | ___ | 16. Are areas around the furnace clear of boxes and other combustible materials? |
| ___ | ___ | ___ | 17. Are the chimney and smoke pipe cleaned yearly? |
| ___ | ___ | ___ | 18. Does the fireplace function properly and is it adequately screened? |
| ___ | ___ | ___ | 19. Is the space around the hot water heater clear of combustible materials? |
| ___ | ___ | ___ | 20. Does the hot water heater have a pressure and temperature relief valve? |
| ___ | ___ | ___ | 21. Is the hot water temperature 120 degrees or less to prevent burns? (It may need to be set at 140 degrees for the dishwasher to wash dishes properly.) |
| ___ | ___ | ___ | 22. Are portable heaters in good condition, is adequate ventilation provided, and is it positioned in a safe location away from flammable materials? |

- 23. Are portable electric fans and heaters adequately screened to prevent contact with the fan blades or heating elements?
- 24. Do you keep matches where young children cannot reach them?
- 25. Are small children supervised when in the kitchen while you are cooking, baking and handling hot objects?
- 26. Are charcoal grills used only outdoors, never in the house, garage or enclosed porch?
- 27. Has your family developed and practiced a fire escape plan for your home?
- 28. Are the smoke and/or fire detectors installed in the house, at least one per floor?
- 29. Are the smoke and/or fire detectors tested monthly?
- 30. Do you have a charged ABC fire extinguisher of at least the 2 1/2-pound size conveniently located in your home?