



## Solutions Home Fire Safety Project

Along with fire safety, it is very important to prevent falls and accidental poisonings in your home. Here are just a few tips to help keep you safe:

### Preventing Falls in Your Home

#### Floors:

##### 1. Clear the way!

Make sure your pathways are clear. Keep electrical cords and things like books, shoes, and toys out of the way and up off the floor.

##### 2. Beware of mats!

Eliminate the use of mats or small throw rugs. Only use ones with non-skid backing or pads that keep them flat and securely in place.

#### Steps and Stairs:

##### 1. Keep clutter off!

Keep stairways clear of clutter. Stairs are **never** a good place to store items, even for a little while.

##### 2. Light the way!

Make sure stairways are well lit from top to bottom. Make sure you can see both the top and the bottom steps.

##### 3. Handrails help!

Have sturdy handrails the full length of the stairs that are easy to grip. Make sure carpet is securely fastened down.

## **In the Kitchen:**

### **1. Can you reach?**

Store the things you use the most in cabinets within easy reach.

### **2. Step up!**

Use a sturdy step stool, when you must reach up.

## **Bathrooms:**

### **1. No Oops!**

Use non-slip mats in bathtubs and showers. Install grab bars in the shower and tub, and next to the toilet.

### **2. Slippery when wet!**

Wipe up or dry spills or wet surfaces quickly.

### **3. Light the way!**

Consider a night light in the bathroom when it's dark.

## **Outdoors:**

### **1. Slip and slide!**

If there is ice or snow, clear your path. Ask for help if you need it. Use handrails, and step slowly and carefully.

### **2. Mind the Gap!**

Watch out for any uneven pavement or sidewalks.

## **More ways to prevent falls:**

### **1. Exercise? Really?**

Regular exercise that strengthens your legs and improves balance can lessen falls.

## **2. Dizzy - I'm so dizzy!**

Review your medicines with your doctor or pharmacist to identify possible side effects that may cause dizziness or drowsiness.

## **3. Oh, say can you see?**

Have your vision checked at least once a year and update your eyeglasses if necessary.

## **4. More about light!**

Have a lamp and telephone next to your bed.

## **5. Happy feet!**

Ensure the shoes you wear will not trip you. Sturdy, well-fitting shoes with non-slip soles are safer. Thick-soled athletic shoes, sky high heels, slippers or stocking feet may "throw you."

This is a brief list of ways to help you avoid falls. The information was gathered and adapted from nationally known resources. For more information check out the links below:

### **Centers for Disease Control and Prevention**

National Center for Injury Prevention Control

<http://www.cdc.gov/ncipc/pub-res/tookit/checklistforsafety.htm>

### **Remembering When™**

National Fire Protection Association

<http://www.nfpa.org/safety-information/for-public-educators/education-programs/remembering-when>



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