

Fire Safety Checklist

- Working smoke alarm on all levels of the home
- Working carbon monoxide detector next to every sleeping room if house has a fireplace, attached garage or fuel-burning appliances (for example, gas stove)
- Space heaters are a safe distance from flame or spark and are unplugged when not in use
- No loose wires, electrical cords or extensions cords in pathway of walking
- Power bars used to prevent overloading electrical outlets
- Fire extinguisher is easy to reach and working (replace when used)
- List emergency numbers in large print and place near all phones
- First-aid kit is easy to reach
- Gas and other flammables in garage are in approved containers



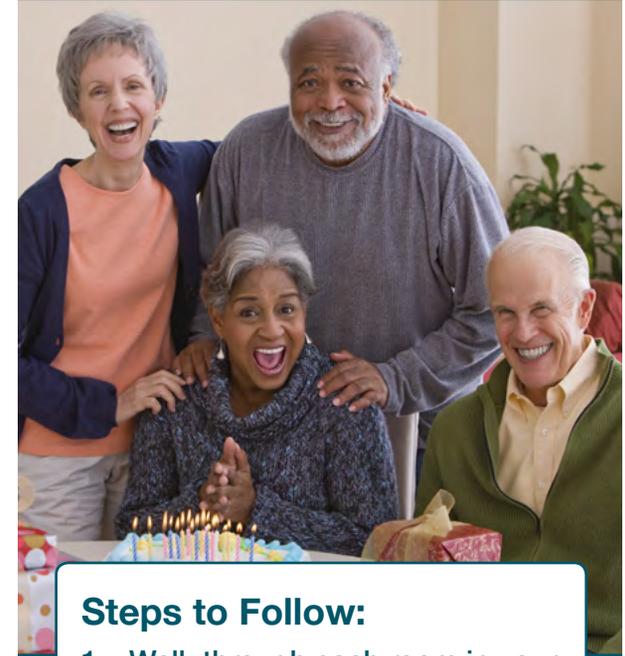
Tips for Medication Safety

- ✓ Know the names of your medications and the reason for taking them
- ✓ Take medication as directed in brightly lit room
- ✓ Return unused and expired medication to your pharmacist
- ✓ Ask your doctor or pharmacist about your medication before drinking alcohol
- ✓ Keep an up-to-date list of medication on hand
- ✓ Review medications with your health care provider (every 6 months)
- ✓ Use one pharmacy for all medication needs and ensure your doctor and pharmacists are aware of all prescriptions, over the counter and herbal medications you are taking
- ✓ Keep medication out of reach from children and ensure safety cap locks every time

Health & Physical Activity Tips

- ✓ Eat a healthy balanced diet, drink plenty of water and limit your alcohol intake
- ✓ Regular exercise improves your strength, balance, and coordination. (30 to 60 minutes most days of the week is recommended)
- ✓ Have your vision and hearing checked once a year
- ✓ If you use a cane or a walker, check it is the right height and the rubber tips are not worn down. Install stainless steel prongs (ice picks) on canes for safer walking in the winter

Home Safety Checklist



Steps to Follow:

1. Walk through each room in your home to complete the checklist.
2. Check off what you already do in your home.
3. Circle items that you are not doing in your home, but would like to correct.
4. If you cannot correct the issue, contact the Region of Waterloo Public Health for more information.



519-575-4400
TTY: 519-575-4608
www.regionofwaterloo.ca/ph

Region of Waterloo
PUBLIC HEALTH

Kitchen Safety Checklist

- Items used most often are easy to reach and all heavy items are in low cupboards
- Stepladder with handrails is used to reach high shelves
- Loose cords are secured
- Stove dials are clearly labelled “on” and “off”
- Fire extinguisher is mounted on the wall away from stove
- Flammable liquids are kept away from kitchen
- Towels, curtains and pot holders are a safe distance from the stove

Bathroom Safety Checklist

- Door locks are large, easy to reach, and have an emergency release button
- Non-slip mat/non-skid coating in tub and shower
- Shower/bathtub seat is installed, if necessary
- Hot water temperature set to 49° Celsius or 120° Fahrenheit
- Use raised toilet seat
- Grab bars/rails by toilet, shower and bathtub are secure
- Taps in sink and shower/bathtub are easy-to-reach



Bedroom & Living Room Safety Checklist

- All rooms and hallways are well lit (minimum of 60 watt bulbs) and free of clutter
- Night lights are placed throughout the house to provide a well-lit pathway
- Light switch is by the entrance of doorways
- Lamp and telephone are easy to reach from bed
- Furniture is set up to have a clear walking path
- Low tables are removed from middle of the room
- Low-heeled, non-slip shoes/slippers are worn in the house
- Curtains are safely away from fireplaces, space heaters and lamps
- Windows have working locks



Stairs, Steps, Floors & Doors Safety Checklist

- Stairs are well-lit and clear of clutter
- Light switches are at the bottom and top of all stairs
- Stair risers are even in height and no more than seven inches (18cm) high
- Stair treads are even and more than eleven inches (28cm) wide
- Handrails are secure on both sides of the staircase for support
- All area rugs are secured to the floor or non-slip rugs are used
- Floors are textured and slip resistant in areas likely to get wet (such as bathroom and kitchen)
- Floor vents are properly in place and there are no missing or uneven tiles
- Stairs, entrances (inside and outside) and garage are well lit and clear of clutter
- Outdoor stairs, walkways, and ramps have supportive handrails on each side
- Can easily access doors with cane, walker or wheel-chair
- Doorways should have a low sill or threshold to step over
- Door viewer and dead bolt locks on exterior doors
- Door handles are easy to use
- Chair or bench at entryway for taking shoes on and off
- Garage door opens and closes easily