
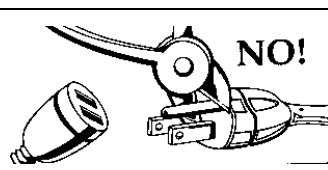
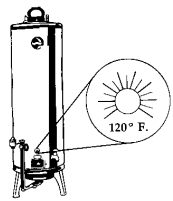



This guide will help you **spot possible safety problems in your home. Many of these problems are easy to fix**, and making your home safer will help prevent accidents and injuries.

	Potential Problem...	How To Fix It...
Items to Check in Every Room	➤ Telephone access	<ul style="list-style-type: none"> ▪ Place one telephone near the floor, in case you have an accident and are unable to stand. ▪ Numbers for Police, Fire Department, Poison Control Center, and a trusted neighbor should be near the phone in large letters.
	➤ Fire / Smoke detectors	<ul style="list-style-type: none"> ▪ Have one smoke detector for every floor of your house. ▪ Check and replace batteries. ▪ Vacuum grill of detector. ▪ Place detectors away from vents.
	➤ Small rugs and hall runners	<ul style="list-style-type: none"> ▪ Remove rugs and runners that tend to slide. ▪ Apply double-faced adhesive carpet tape or rubber matting to the back of rugs and runners. ▪ Purchase rugs with slip-resistant backing. ▪ Check rugs and mats periodically to see if backing needs to be replaced.
	➤ Lamp, extension, and telephone cords	<ul style="list-style-type: none"> ▪ Move cords against the wall, out of traffic. ▪ Remove cords from under furniture or carpet. ▪ Replace damaged or frayed cords. ▪ Remove nails and staples from cords. ▪ Use tape to secure cords. 
	➤ Outlets warm to touch	<ul style="list-style-type: none"> ▪ This may mean wiring is unsafe; call an electrician to repair.
	➤ Light bulbs with wrong wattage	<ul style="list-style-type: none"> ▪ This can cause fire from overheating. ▪ If you don't know the wattage, use 60-watt bulbs.
	➤ 3-Prong cords	<ul style="list-style-type: none"> ▪ Use an adapter if you have only 2-prong outlets. ▪ Do not break off third prong. 
	➤ Space Heaters	<ul style="list-style-type: none"> ▪ Move heaters away from curtains, rugs, and furniture. Keep them out of walkways.

	Potential Problem...	How To Fix It...
Bathroom	➤ Slippery tubs, floors, and tile	<ul style="list-style-type: none"> ▪ Use non slip rubber mats in the shower. ▪ Buy a non skid bath chair. ▪ Make sure bath mats are absorbent and will not skid. ▪ Attach grab-bars to shower/tub areas. A towel bar is not a safe substitute!
	➤ Hot water burns	<ul style="list-style-type: none"> ▪ Set the temperature on your water heater to 120°. (look for a dial at the bottom of the heater) 
	➤ Shock from small appliances	<ul style="list-style-type: none"> ▪ Keep hair dryers, hot rollers, curling irons, and shavers in another room.
	➤ Medication errors	<ul style="list-style-type: none"> ▪ Clearly mark containers with contents, doctor's instructions, expiration date, and patient's name. ▪ Dispose of outdated medicines. ▪ Request non-child resistant caps only if you cannot open the others. Medications are a danger to visiting children.

	Potential Problem...	How To Fix It...
Bedroom	➤ Loose items in an earthquake	<ul style="list-style-type: none"> ▪ Make sure pictures and heavy objects are not placed over the bed. ▪ Secure smaller objects.
	➤ Falls	<ul style="list-style-type: none"> ▪ Install night-lights and place a lamp near the bed.
	➤ Fire / burns	<ul style="list-style-type: none"> ▪ Don't smoke in bed. ▪ Place a telephone next to the bed.
	➤ Electric blankets	<ul style="list-style-type: none"> ▪ Don't place anything on top of an electric blanket (no pets, or other blankets). ▪ Don't "tuck in" your electric blanket. ▪ Never sleep with a heating pad on.

	Potential Problem...	How To Fix It...
Kitchen	➤ Fire / burns from the stove	<ul style="list-style-type: none"> ▪ Remove towels hanging on oven handles or near burners. ▪ Shorten or remove curtains, which could brush against heat sources. ▪ Store utensils, potholders and towels away from the stove. ▪ Move electric cords away from heat source. ▪ Roll up loose sleeves and secure with elastic or safety pins.
	➤ Cuts during food preparation	<ul style="list-style-type: none"> ▪ Make sure work areas are well lit. ▪ Cut down on glare with frosted bulbs.
	➤ Falls	<ul style="list-style-type: none"> ▪ Invest in a high quality step stool with a handrail. 

	Potential Problem...	How To Fix It...
Stairways	➤ Poor lighting	<ul style="list-style-type: none"> ▪ If no other light is available, keep a flashlight in a convenient location at the top and bottom of the stairs. ▪ Install night-lights. ▪ Install light switches at the top and bottom of the stairs.
	➤ Handrails	<ul style="list-style-type: none"> ▪ Make sure handrails are longer than the flight of stairs. ▪ Install handrails on both sides of the stairs.
	➤ Slippery steps	<ul style="list-style-type: none"> ▪ Avoid wearing socks or smooth-soled shoes on stairs. ▪ Put non-slip tape on indoor steps. ▪ Use abrasive strips on outdoor steps.
	➤ Clutter	<ul style="list-style-type: none"> ▪ Remove items from stair areas.
	➤ Worn carpet	<ul style="list-style-type: none"> ▪ Replace worn carpet. ▪ Make sure carpet is completely attached to stairs. ▪ Make sure no nails are sticking out.
	➤ Step visibility	<ul style="list-style-type: none"> ▪ Paint edges of outdoor steps white. ▪ If you have patterned carpet, use colored tape to mark the edges of steps. ▪ Add extra lighting.

General	➤ Emergency plan	<ul style="list-style-type: none"> ▪ Have an exit plan in case of fire, earthquake, or another emergency. ▪ Put together an earthquake preparedness kit. ▪ Notify neighbors of emergency plan.
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<p>If you need help with some repairs or would like more information, use an information and referral agency to help you find services you want.</p>	<ul style="list-style-type: none"> ▪ Los Angeles Caregiver Resource Center 1-800-540-4442 ▪ Home Secure – Jewish Family Services 1-323-937-5855 or 1-818-762-5892
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<p>Los Angeles Caregiver Resource Center: Central LA (213) 740-1376 Southeast LA (562) 469-6255</p>	<p>http://www.usc.edu/lacrc San Gabriel Valley (626) 814-3334 Antelope & Santa Clarita Valley (661) 945-4852</p>
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