

DON'T REST UNTIL YOU'VE CHECKED YOUR BEDROOMS

- Is a light within easy reach of the bed?
- Are room heaters placed away from furniture and turned off at bedtime?
- Are rooms with freestanding heaters kept well ventilated?
- Is your baby's mattress firm and crib free of pillows and loose blankets?
- Are infant's and toddler's toys soft, with individual parts too large to be swallowed?
- Are pins and detachable decorations removed from small children's clothes?
- Are plastic dry cleaner's bags destroyed or kept out of children's reach?
- Does everyone know that there is no smoking in bedrooms?
- Are candles kept away from windows and curtains?
- Are closets kept clean enough for doors to open safely?



CLEAN UP ANY BATHROOM HAZARDS

- Do tubs and showers have non-skid surfaces? Or mats?
- Have grab bars been securely installed alongside the bathtub, shower and toilet – especially if someone is elderly or disabled?
- Are all electrical appliances kept away from water and unplugged after use?
- Are all medicines (including vitamins) kept in locked cabinets – out of children's reach?
- Do you separate medicines for external use only from other medicines?
- Do you throw away outdated prescription drugs?

- Are infants and young children always supervised when bathing?
- Can the bathroom door be unlocked from inside and out?

MEASURE YOUR YARD FOR POTENTIAL DANGER

- Are your steps and sidewalks clear, and free from toys, tools, ice and snow?
- Is your yard free from glass, nails, yard tools and any other sharp items?
- Do you check play equipment and lawn furniture for safe use?
- Are clotheslines strung high – so no one will walk into them?
- Do gardeners wear protective clothing and limit time in the hot sun?
- Does the person using the power mower wear sturdy shoes?
- Are children kept away from power tools when they're in use?
- Are gas and charcoal grills kept clean and lit carefully?

Congratulations for every "yes." For every "no," please correct the problem quickly. You'll be making your home sweet home a home safe home.

For more information on making your home safe, visit www.easterseals.com/easyaccess

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A Safe Home is No Accident



A Checklist



*Developed by Easter Seals
Brought to you by the CENTURY 21® System*





More than 20,000 Americans die every year after accidents in their homes. And, each year, 3 million more children and adults become disabled because of accidents at home.

These are alarming numbers. But, what's more alarming is that thousands of these deaths and injuries may be prevented.

Easter Seals and the CENTURY 21® System are working together to make everyone aware of some easy and important home safety tips. Take a few moments to check out your own home. This family checklist identifies some of the most common hazards, which will help you find and correct them.

For almost 30 years, the CENTURY 21® System has supported Easter Seals' work to help children and adults with disabilities live fuller lives. But, whenever we can, we'd like to help families know how to prevent disabilities from happening in their homes.

CHECK FOR THE BASICS THROUGHOUT YOUR HOME

- Do you have emergency numbers next to the phone?
- Is there a stepladder handy?
- Are electrical outlets exposed? They can be covered if unused.
- Are extension cords frayed? Replace them.
- Do you check electrical outlets to be sure they're not overloaded?
- Do you know where the circuit breaker or fuse box is? Do you have spares?
- Do you know how to turn off the electricity and gas in an emergency?
- Is your hot water heater set at 120° F or below?
- Do you have fresh batteries in the smoke detector and the carbon monoxide detector?
- Is your fire extinguisher ready to use?
- Are your floors non-skid?
- Are your floor coverings and rugs secure?
- Do you have protective screens in front of fireplaces?
- Are candles kept away from walls and curtains?
- Do interior doors have safety release locks so they can open from either side?
- If there are small children in your home, are windows and screens secure?
- Is lead-free paint used on all surfaces?
- Are furnaces and flues regularly inspected and cleaned?
- Are guns unloaded and locked up?
- Does everyone know two ways to exit your home?



TAKE STEPS TO CHECK YOUR STAIRS AND HALLWAYS

- Are stairways free of clutter and throw rugs?
- Are banisters and railings strong and secured?
- Are all steps the same height and width?
- Are stairways free of toys, tools and other objects?
- Are stair treads and/or carpeting kept in good condition?
- Is the stairwell well lighted with light switches at the top and bottom?
- Are young children protected by gates at the top and bottom of stairs?
- Are there nightlights in hallways and near stairs?

KNOW WHAT'S COOKING IN YOUR KITCHEN

- Are window curtains pulled away from your stove?
- Are electrical appliances unplugged when not in use?
- Do gas appliances have flue ventilation?
- Is there a light over the sink and the stove?
- Are freezers and trash compactors locked to protect children?
- Do you keep kitchen drawers and cupboards closed?
- Are knives and sharp tools stored in a rack or drawer?
- Do cooking pot handles point away from the stove's edge?
- Are cleaning supplies stored out of children's reach?
- Do you have pot or dish holders near the stove?

