

## Make 'Home Sweet Home' Safe

Here are some basic things you can do to manage hazards like falls, fires and foodborne illnesses.

### Kitchen

- Store items you use often within reach.
- Use appliance thermometers to confirm your fridge stays at or below 40 degrees and the freezer is at 0 degrees.
- Check food “use by” dates. Watch for signs of spoilage. Toss anything you aren't sure about. For reminders about where to keep certain products and how long they stay fresh, check out the FoodKeeper App at [foodsafety.gov/keep/foodkeeperapp/index.html](https://foodsafety.gov/keep/foodkeeperapp/index.html).



### Bedroom

- Position your bed near a light switch.
- Put your eyeglasses, phone and a flashlight next to your bed.
- Keep canes, walkers, wheelchairs and hearing aids where you can get to them easily.



### Bathroom

- Before going to bed, remember to turn on (or plug in) night lights.
- Use nonskid strips, mats or carpets.
- If needed, install grab bars on the inside and outside of your shower or tub, as well as near the toilet.

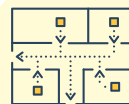


### Walkways

- Position all furniture so there's clear space to walk.
- Remove clutter from stairs and floors.
- Carpet should be flat and tight to the floor.
- Adhere no-slip strips to wooden and tile floors.
- Have tightly fastened handrails on both sides of the stairs.



**SMOKE AND CARBON MONOXIDE (CO) ALARMS BELONG ON EVERY LEVEL OF YOUR HOME.** Along with a smoke alarm in each bedroom, hang a smoke and CO alarm outside each sleeping area. Replace alarm batteries when you change your clock for daylight saving time.



**MAKE A FIRE ESCAPE PLAN.** Determine two ways to get out of each room and an outside meeting place. Practice at least twice a year. Account for the use of canes, wheelchairs, hearing aids and other devices.

Sources include the National Institute on Aging, the U.S. Consumer Product Safety Commission and the U.S. Food and Drug Administration.