

Live a simpler, safer, less cluttered life

Safety – General tips

Fire Codes



Clear pathways – 36” to every door and window



Nothing close to ceiling – 24” if no sprinklers, 18” if there are. Furniture OK if goes over but nothing on top.



Combustibles 36" from any potential spark source
– HVAC, Hot Water tank, Electrical Panel





Fire Load – Quantity of burnable materials – most common are books, magazines, record albums and video tapes

Stairs, ramps and lifts



Fall Prevention



Fall Prevention Monitors



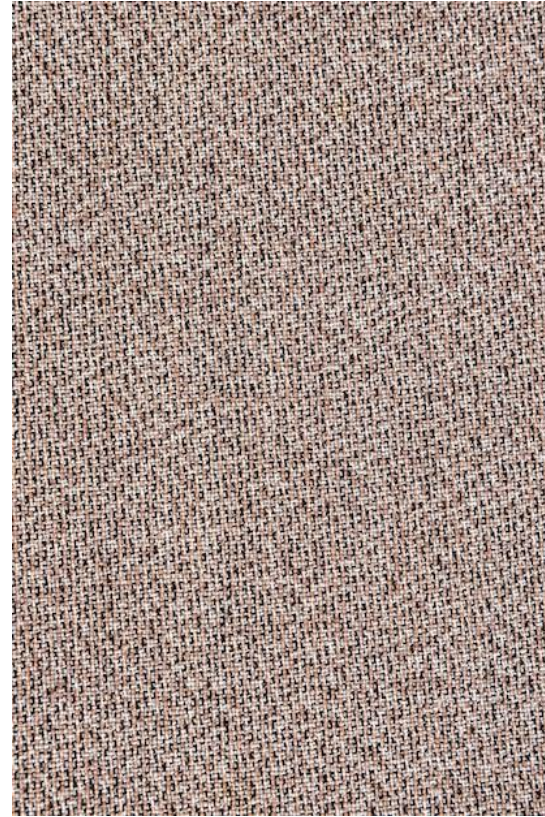
Combination door locks



Throw and area rugs / Bath mats



Flooring



When walking...

- Turn on curved path rather than abrupt turn
- Keep walking aids in reach - walking poles, canes or walkers if necessary, don't let pride cause a fall
- Keep walking paths free of items, extension cords, wires and other potential tripping hazards
- Try to keep one hand free for railings if start to lose your balance

Strike Zone



General fall prevention tips

- Get an assessment from an OT or other professional. Can also find checklists online.
- Wear proper shoes - low / wide heels, rubber soles, no stillettos. Lace-up better than slip in
- When standing from sitting position, move to front of chair, keep your nose over your toes, stand slowly and hold for a couple seconds before starting to walk to establish your balance
- Add lighting – everywhere. Nightlights in bathrooms, bedrooms and hallways. Task lights by chair, outdoor path lighting, etc.

Color

Ownership

Hot/cold contents

Some change color based on temp.

Mark fill heights





Color

Different colored case for each person

Nail polish on buttons to make easier to turn on and adjust volume

ICE info available on front screen – even if locked

Program in emergency numbers, doctors, etc. If you don't know how, get help to do it.



Color

Ownership

Time of day

If you use pillpack, mark box
with color tape or stickers

Color

Color or material changes when floor height alters
Reflective tape on stair edge



Products

Some are good ↙ ↓

some are not →



Conclusion

In general, the fewer things you have to get in your way, the easier and safer life can be.

Think smart, get rid of the un-needed and unwanted things now.

Plan ahead to either age in place or for a future move.



Questions?

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