



TIPS ON HOME SAFETY

Many injuries happen at home every year with people of all ages. Kansas City Bone & Joint Clinic providers often see patients after accidents involving falls and other mishaps within the home environment and know how disruptive these injuries can be. We have listed some tips to making your home a safer place for you and your family.

Stairs:

- Do not leave toys, clothes, or other objects on the steps. Leave the stairs free of clutter.
- Be sure you have good lighting on all stairs and landings, and have flashlights close if there is a power outage.
- Install and use handrails on one or both sides of the stairs for stability.
- Do not use loose rugs or throw rugs on steps or landing areas.
- Keep stairs in good repair.

Bathroom:

- Wipe up wet spots and keep floor dry.
- Keep the floor clear from clutter.
- Have grab bars or rails installed on walls in the shower/tub area. Don't steady yourself on glass or sliding doors.
- Use non-skid adhesive strips on the floor of the shower and/or bottom of bathtub.
- If unsteady in the shower or unable to sit in the tub, use a sturdy plastic shower chair.
- Use only non-skid backed rugs to step on when exiting the shower or tub.

Kitchen:

- Quickly clean up any spills, wetness, or grease spatters on the kitchen floor.
- Do not stand on chairs or boxes to reach areas beyond your grasp. Use step stools, handrails, or ask a family member for assistance.
- Keep dishes, food item, and other essentials within easy reach for your height.
- Have a fire extinguisher available and be familiar with its proper use.

Other living areas:

- Arrange furniture in your home so doorways and pathways are clear and open.
- Be sure there is adequate lighting and switch access wherever needed in your home.
- Avoid furniture that is too low or difficult to get out of. Bed risers are available at home stores or may be made from premeasured wooden blocks to make more accessible.
- All appliance connections, telephone extensions, or other electrical cords should be away from pathways and kept out from under rugs.
- Keep your home door jambs level and have adequate lighting at all entry and exit areas.