



Home Safety Checklist

Bluebird Care Newcastle, South Tyneside, Darlington and York

General Safety

- Emergency Contacts:** Keep a list of emergency phone numbers near each phone.
- Install smoke detectors on every floor and check batteries monthly.
- Install carbon monoxide detectors if there are gas appliances.
- Keep fire extinguishers accessible and check their functionality regularly.
- Ensure escape routes are clear and accessible.
- Lighting:** Ensure all areas are well-lit, including stairways, hallways, and entrances.
- Emergency Exits:** Ensure all doors and windows used for emergency exits open easily.



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Fall Prevention

Floors:

- Remove throw rugs or secure them with non-slip backing.
- Keep floors free of clutter and cords.
- Use non-slip mats in the kitchen and bathroom.

Stairs:

- Remove throw rugs or secure them with non-slip backing.
- Keep floors free of clutter and cords.
- Use non-slip mats in the kitchen and bathroom.

Bathrooms:

- Install grab bars in the shower, bathtub, and near the toilet.
- Use a shower chair and a hand-held showerhead if needed.
- Ensure non-slip mats are in place in the shower and tub.
- Keep the bathroom floor dry and free of clutter.



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Kitchen Safety

Appliances:

- Ensure all appliances are in good working order.
- Keep cords out of the way to prevent tripping.
- Use appliances with automatic shut-off features.

Cooking Safety:

- Never leave cooking food unattended.
- Keep a fire extinguisher in the kitchen.
- Store knives and sharp objects securely.

Bedroom Safety

Bed:

- Ensure the bed is at a comfortable height.
- Use bed rails if necessary.
- Keep a phone and emergency contact list near the bed.

Lighting:

- Place a lamp or light switch within reach of the bed.
- Use nightlights to illuminate the path to the bathroom.



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Medication Safety

Storage:

- Store medications in a cool, dry place.
- Keep medications in their original containers.
- Use a pill organizer if multiple medications are taken.

Management:

- Create a medication schedule.
- Dispose of expired or unused medications safely.



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Electrical and Fire Safety

Electrical Outlets and Cords:

- Avoid overloading outlets.
- Replace damaged cords immediately.
- Use cord covers to prevent tripping.

Heating:

- Keep space heaters away from flammable materials.
- Do not use space heaters with damaged cords or plugs.
- Ensure the heating system is regularly maintained.



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Assistive Devices

Mobility Aids:

- Ensure walkers, canes, and wheelchairs are in good condition.
- Check that assistive devices are appropriately sized and adjusted.

Communication Devices:

- Keep phones and other communication devices within easy reach.
- Ensure devices are charged and functioning correctly.

Environmental Controls

Temperature Control:

- Keep the home at a comfortable temperature.
- Use fans or air conditioning to prevent overheating.

Ventilation:

- Ensure proper ventilation in the home.
- Avoid using gas appliances without adequate ventilation.



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Personal Safety

Identification:

- Keep identification and medical alert information on hand.
- Use a medical alert system if necessary

Supervision:

- Arrange for regular check-ins with family or carers.
- Use a monitoring system if needed for additional safety.

Hygiene and Infection Control

Hand Hygiene:

- Keep hand sanitizer and soap available.
- Encourage regular hand washing.

Cleaning

- Regularly clean and disinfect high-touch surfaces.
- Ensure the home is free of mold and pests.



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Outdoor Safety

Walkways:

- Keep walkways and driveways clear of debris and ice.
- Use non-slip paint or treads on outdoor steps.

Lighting:

- Ensure adequate outdoor lighting.
- Use motion-sensor lights for added security.

Emergency Preparedness

Plan:

- Develop an emergency evacuation plan.
- Practice the plan regularly.

Kit:

- Keep an emergency kit with essentials like water, food, medications, and first aid supplies.
- Ensure the kit is easily accessible.