
Staying Safe and Healthy in your Home



General Home Safety Tips

Being safe and healthy at home is important

There are many things to check for in your home to make sure you are staying safe.

Staying safe in your home

- Keep windows and entry doors locked to help keep you stay safe, even when you are not at home.
- Find emergency exits and keep those areas clear to make it easier for you to get out if there is an emergency.

Moving around safely in your home

- Think about what you need to move around in your home.
- Consider:
 - wide doors for walkers or wheelchairs
 - ramps to help access stairs
 - handrails to help you go up and down stairs

Staying safe in your bathroom

- Bathrooms can be wet and slippery, causing you to fall.
 - Bars, moving seats and nonslip tub mats will help you get in and out of the shower or bathtub, so you do not fall.
- Never use electrical items, such as a blow dryer or razor, near water.
- Hot water can cause burns. Before stepping into a bath or shower, make sure the water is not too hot.
- Ask your support worker, family or landlord to turn down the water heater so no one gets burned.

- *Information about water temperature and burns/scalds can be found at: [Water temperature-burns and scalds](#)*

Staying safe in your kitchen

- Kitchens should be easy to access. Make sure you have enough space to move around easily and safely.
- Place a fire extinguisher where it is easy to reach.
- Check for a clear pathway when bringing in groceries.
- Check to see if dishwashers, refrigerators and ovens are at the right height for you to reach safely.
- Check for enough knee space under kitchen counters for mobility equipment.

Keeping your food safe

- If you are allergic to some foods, make sure those living with you or caring for you know about your allergies.
- Wash your hands before handling any food to help keep your food safe to eat.
- Keep soap and cleaners away from food.
- Keep cleaners in the container you bought them in.
- Do not spill soap or cleansers on your food. This can make you very sick. If this happens do not eat it.

Staying safe in your yard

- When working in the yard, wear safety clothes like proper shoes, work boots, gloves, safety glasses and hearing protection.
 - It is important to know how to use tools and equipment safely. Ask someone to teach you how to use the lawn mower, trimmers and other tools.
- *Additional yard safety tips can be found here: [Backyard safety](#).*
 - *Learn more about home safety through Safety Codes Council resources here: [Safety-tips](#).*



If you think something in your home is not safe, ask the staff that supports you, your family and/or the landlord about it.