

## Bathroom Safety



- Hot water heater should be set at 120 degrees Fahrenheit (48 Celsius) or lower.
- Turn on cold water first then add hot water to adjust the temperature.
- Use non-slip strips or bath mat in shower or tub to prevent falls.
- Unplug electrical appliances wait 15 minutes to cool before storing.
- Use nightlights in the bathroom to avoid falls or injury.
- Store medicines in a cool dry place outside the bathroom to avoid moisture.
- Install safety outlets called ground fault circuit interrupter (GFCIs) to prevent shocks.



## Kitchen: Oven Safety



- Stay near your food when cooking.**
- Wear oven gloves to protect hands. Use heat-resistant cooking utensils.
- Use pots and pans with heat safe lids and handles. Open lids away from your face.
- Cook food at lower temperature and set timers to avoid overcooking.
- Heat cooking oils slowly. Add food carefully to pans to avoid burns.
- Turn pot handles away from other burners on stove.
- Use pot holders when moving hot foods or drinks.
- For an oven fire: Turn off the stove, keep the door closed, get out and then call 911.**
- For a grease fire, Turn off stove, and slide lid over pan. Do not add water. Get out and call 911.**



## Bedroom Safety



- Have an emergency escape plan from your bedroom in the event of a fire.**
- Have a smoke detector and carbon monoxide detector near the bedroom. Test every month. Get outside if an alarm goes off and call 911 for help.**
- Keep fabrics, curtains and bedding at least 3 feet away from heat sources.
- Avoid using electric blankets, space heaters, heating pads or candles.
- Plug in only as many appliances as there are spaces in an electric outlet.
- Secure cords out of walkways to prevent falls and injury.



## Kitchen: Microwave Safety



- Wear oven gloves or mitts to protect hands. Roll up sleeves, no loose clothes.
- Choose microwave safe bowls with lids when cooking. Allow steam to escape.
- Microwave for ½ the time and then stir to avoid hot spots, then finish cooking.
- Cook foods on lower power setting to avoid burning food.
- Use heat safe, spill-resistant mugs when cooking and moving hot liquids.
- Allow foods to cool for several minutes before eating to avoid mouth burns.



## Basement or Utility Room Safety



- Hot water heater should be set at 120 degrees Fahrenheit (48 Celsius) or lower.
- Have heat and water sources checked at least once a year for wear and function.
- Label each circuit and major appliances on the electrical panel.
- Remove lint from clothing dryer after each load of laundry.
- Wrap basement pipes with insulation blanket.
- Do not touch hot pipes.



## General Home Safety



- Have an emergency escape plan. Know 2 exits to leave home in an emergency.**
- If a smoke alarm or carbon monoxide detector go off, get outside and call 911.**
- Keep doors and windows locked. Use a door viewer before inviting in guests.
- Avoid clutter in walkways and wipe up spills to avoid slip and falls.
- Keep appliances in good working order.
- Keep chemicals labeled. When expired, place in trash or call waste site for disposal.
- Tell police, fire, or other safety personnel how they can help you. Don't hide.**

