



HOME SAFETY FOR OLDER ADULTS

Fires and Burns

Older adults have a higher risk of fire-related injuries and death than other age groups.

1. Have a fire extinguisher and know when and how to use it! Always check the expiration date. Leave your home immediately if a fire gets out of control.
2. Cooking is the main cause of fire-related injury in older adults. Be extra careful in the kitchen.
3. Install fire alarms near every sleeping area. Test the alarms every month.
4. Create and practice a fire escape plan with your loved ones and caregivers.
5. If you use a walker or wheelchair, make sure it can pass easily through every exit in your home.
6. Never use a space heater in the bathroom or near wet areas. Never store objects on top of a space heater.
7. Keep candles at least 3 feet away from anything that might burn. Be sure to blow them out before you go to bed or leave your home.
8. Never smoke in your home, especially while using oxygen.
9. Call 9-1-1 in case of a fire or burn. Post 9-1-1 in large print throughout your home.



UAMS
UNIVERSITY OF ARKANSAS
FOR MEDICAL SCIENCES

In Cooperation With:



Statewide Injury Prevention Program

(501) 364-3400 or (866) 611-3445 • www.archildrens.org/injury_prevention

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Choking and Suffocation

Older adults may have drier mouths that make it harder to chew and swallow. This can lead to choking.

1. Make sure your dentures fit you the right way. You raise the risk for choking if you are unable to chew your food correctly.
2. Review medications with your physician and make changes in what you eat if you feel that you're having difficulty swallowing.
3. Clutching the throat is the universal symbol for choking. Know and practice this with your caregiver.
4. Know CPR and the Heimlich Maneuver.
5. Call 9-1-1 in the event you believe someone is choking.



Medication Safety

Medicines can hurt you if used in the wrong way or if the wrong amount is taken. Never take medicine belonging to someone else.

1. Ask your doctor if you need blood testing to prevent drug side effects.
2. Follow the instructions when taking over-the-counter and prescribed medication.
3. Always read the labels and never take medicines in the dark.
4. Never share your medicine with others or take someone else's medicines.
5. Properly dispose of old or outdated medicines.
6. Consult your doctor before taking natural or herb supplements. They might cause a bad reaction.
7. If you believe you have been exposed to a poison call **(800) 222-1222**.

