



BEDROOMS

Are lamps or light switches within reach of each bed?

Lamps or switches located close to each bed will enable people getting up at night to see where they are going.

YES NO

- Rearrange furniture closer to switches or move lamps closer to beds.
- Install night lights. *Once again, this is especially important if your loved one makes frequent trips to the bathroom at night.*

Are ash trays, smoking materials, or other heat sources (heaters, hot plates, teapots, etc.) located away from beds or bedding?

Burns are a leading cause of accidental death among seniors. Smoking in bed is a major contributor to this problem.

YES NO

- Remove sources of heat or flame from areas around beds.
- Don't smoke in bed.

Are electric blankets being used correctly?

"Tucking in" electric blankets, or placing additional coverings on top of them can cause excessive heat buildup which can start a fire.

YES NO If NO, where

- Use electric blankets according to the manufacturer's instructions.
- Don't allow anything on top of the blanket while it is in use. (This includes other blankets or comforters, even pets sleeping on top of the blanket.)
- Don't set electric blankets so high that they could burn someone who falls asleep while they are on.

Is a working flashlight close to the bed in case electrical power goes out?

YES NO

- Check the flashlight to see if the batteries are still good.

Is a telephone close to your loved ones' bed?

In case of an emergency, it is important to be able to reach the telephone without getting out of bed.

YES NO

Do they ever go to sleep with a heating pad that is turned on?

Never go to sleep with a heating pad if it is turned on because it can cause serious burns even at relatively low settings.

YES NO

