



Inspired Healthcare for Quality of Life

For a complete home assessment, please call Santé at (480) 748-4300

## HOME SAFETY CHECKLIST

Always keep a list of emergency contacts near your home phone, or where it's easily accessible by you or anyone else who may need to find it if you are unable. Keep your contact list updated and include at least one emergency contact who lives nearby like a friend, family member, or neighbor.

### EMERGENCY CONTACTS

Emergency: 9-1-1

Poison Control: 1-800-222-1222

Name	Relationship to You	Phone Number

Doctor's Name	Address	Phone Number

### MEDICATION LIST

List your medications here so you can quickly remember them. This information may also be helpful for emergency responders.

Medication	Dosage

### SAFETY PROOFING

- Remove all rugs and other tripping hazards
- Install support railings near steps or in bathrooms
- Lower your mattress
- Install extra lighting along hallways or under cabinets
- Put rubber mats in bathrooms and kitchens to prevent slipping
- Adjust water heaters to prevent burns
- Install smoke detector and check batteries regularly
- Install carbon monoxide detectors in every bedroom
- Clearly label all medications with large print

### EMERGENCY PLANNING

- Keep windows and doors locked at all times
- Designate two ways to escape your home in case of fire
- Put a phone in every room
- Get to know your neighbors and ask if they will be an emergency contact
- Don't handle cleaning products or other potentially poisonous products