

Senior Housing Life Safety Tips

Poor lighting, slip and falls, and fire are among Seniors' most common causes of injury. Seniors can dramatically reduce their risk of injury or death by following these simple guidelines.



LIGHTING TIPS

Seniors require three times the amount of light to see as well as younger people.

Provide plenty of light at all entrances and exits.

- Install task lighting in kitchen.
- Ensure low, accessible switches.
- Install shades/frosted bulbs for seniors sensitive to glare.
- Make sure there is outside lighting on walkways, driveways.
- Suggest nightlights in bathrooms, halls, and stairs.
- Install/upgrade skylights for an energy efficient lighting option. Under the Tax Incentives Act of 2005, you can qualify for a tax credit of up to \$200.



FIRE SAFETY

Be Prepared: Familiarize tenants with the fire escape plan. Advise them when it is safer to remain in their unit and when it is safer to evacuate.

Smoke Alarms:

Install in every unit and on every floor of common areas. Test alarms monthly, replace batteries yearly.

Smoking: Tell tenants to use deep ashtrays and **never** smoke in bed.

Heating: Ensure heaters are at least 3 feet away from flammables.

Cooking: Warn tenants to never leave cooking unattended and to avoid wearing loose clothing.

Remind tenants to
Stay low to ground in smoke
& if their clothing catches fire,
STOP, DROP AND ROLL

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SLIP AND FALL PREVENTION

More than one-third of adults age 65 years and older fall each year. Falling is the leading cause of deaths for seniors.

There are four main safety hazards that lead to slips and falls: Poor lighting, loose carpets and throw rugs, baths without handrails and poorly arranged furniture.

- Keep all areas on the premises well lit, especially along pathways, or hallways to the bathroom and on stairs.
- Ensure all carpeting and rugs are kept securely in place. If rain mats are put out, be sure to caution tenants to watch their step.
- Install handles or railings in bathtubs, showers and walls. Advise occupants to use non-slip or rubber mats in showers.
- Provide conveniently located electrical outlets in order to keep cords clear of walkways.
- Have several phone jacks in the unit and one by the bed. Supply all residents with emergency numbers to keep by each phone.
- Ensure all utilities and storage spaces are within reach to prevent tenants standing on stools leading to slip and fall injuries.