



Senior Housing Life Safety Tips



LIGHTING TIPS

Poor lighting, slips and falls and fire are among Seniors' most common causes of injury. Following these guidelines to maintain a safer building will dramatically reduce the risk of injury or death.

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 kitchens
- Install shades/frosted bulbs for seniors sensitive to glare
- Ensure low, accessible switches
- Make sure there is outside lighting on walkways and driveways
- Suggest night-lights 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

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 the ground in smoke and if their clothing catches fire to stop, drop and roll.



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. These guidelines will help to ensure safer conditions.

- Keep all areas on the premises well lit, especially along pathways, hallways and 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 which leads to slip and fall injuries.



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