

# How safe is your home?



Try this fun quiz and see how you score!

Do you have smoke alarms on each floor? Yes  No

Do you check your smoke alarms regularly? Yes  No

Do you use a thermostatically controlled deep fat fryer or oven chips?

Yes  No

Do you wipe up floor spills straight away? Yes  No

Are your stairs free from clutter? Yes  No

Are all rugs and carpets secured down? Yes  No

Do you have ample handrails on the stairs and in the bathroom?

Yes  No

Do you wear suitable sturdy footwear? Yes  No

Is your hall and stairway well lit? Yes  No

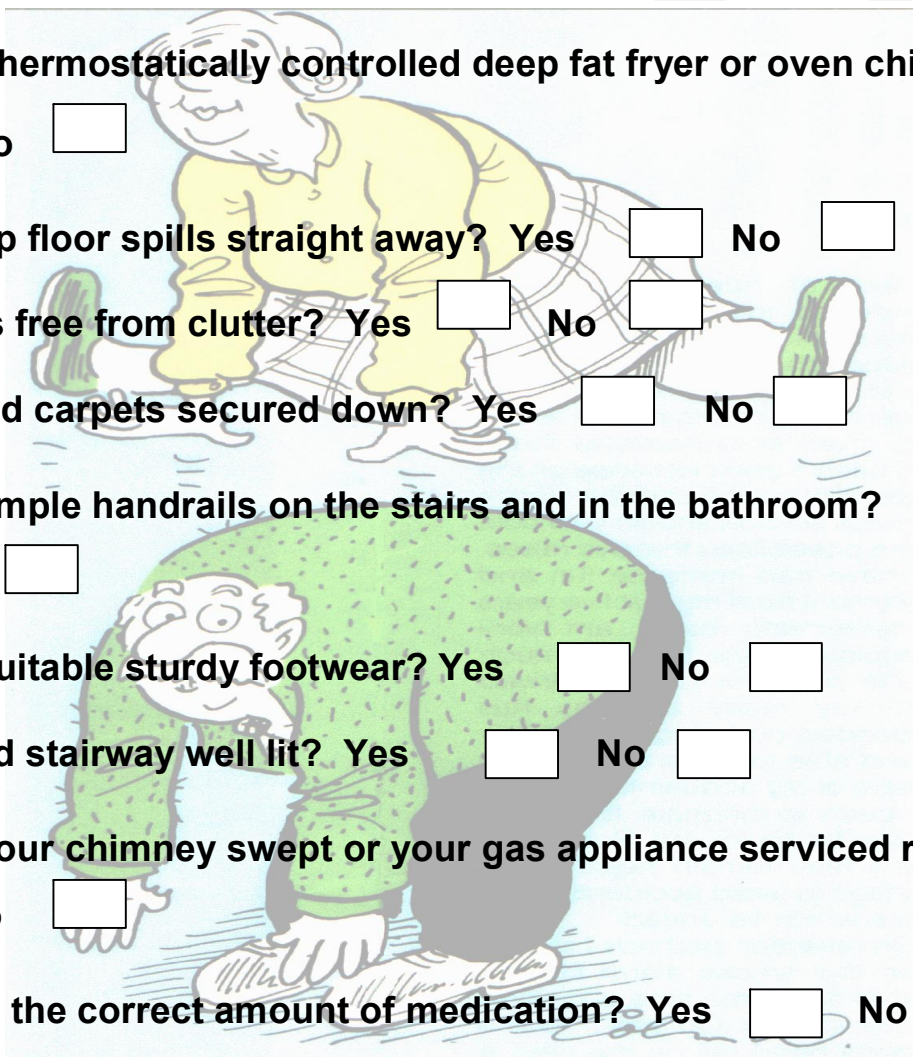
Do you have your chimney swept or your gas appliance serviced regularly?

Yes  No

Are you taking the correct amount of medication? Yes  No

Do you use a stepladder rather than climbing onto a chair to reach items?

Yes  No



Do you store everyday things in easy to reach places?

Yes  No

Thanks for trying the home safety quiz.

## Scores:

If you answered yes to 12 or more then congratulations you are doing well and you are less likely to have an accident. Keep up the good work but still take lots of care. 😊

If you answered yes to 10 - 12 then you are doing well but take another look at your home and see how you can improve. 😊

If you answered yes to less than 10 then **WATCH OUT!!** Look at your home and see what improvements can be made. Ask a family member or friend to help with any changes needed. 😞

## Some home safety tips:

- Fit and check smoke alarms on each floor
- Service gas appliances annually
- Use an electric deep fat fryer or better still oven chips – they are safer and healthier
- Secure down rugs and carpets
- Keep halls and stairs well lit

- If you are taking a lot of medication check you are taking correctly
- Don't climb on chairs – use a stepladder
- Make sure your footwear is strong and sensible
- Tidy up clutter from stairs

If you need help then:

- Your local fire brigade can help with fitting smoke alarms or giving fire safety advice.
- Your local Care and Repair office will be happy to help.
- Or you can contact your local council.

**Don't delay – act today!**