

Safety in the Home

More accidents happen in your home than anywhere else, regardless of vision loss. So, it's important to develop good safety habits.

These are some simple ways to eliminate potential hazards and increase your safety.

- **Keep your hallways and other paths clear. Remove plants, floor lamps, throw rugs and other tripping hazards.**
- **Move electrical cords as close as possible to your baseboards.**
- **Close doors and drawers right after you have removed what you need.**
- **Put items away when you are done with them. Knives left on the counter can cause cuts, shoes**

left by the door can be a tripping hazard and towels left near the stove can cause fires.

- **Use a bathroom rug or kitchen mat with a nonskid back.**
- **Keep cleaning supplies in a separate container — box or bin. Label them clearly.**
- **Store any toxic, flammable or combustible items away from the kitchen and any heat source.**
- **Install smoke and carbon monoxide detectors on each level of your home. Check the batteries regularly or purchase one of the new 10-year battery devices.**
- **Keep a fire extinguisher close to the kitchen. Make sure you know how to operate it. Two brands, Amerex B402 and First Alert PRO5, were found to be most reliable in a review by Wirecutter (thewirecutter.com).**

- **Know where your circuit breaker box is and understand its layout. Know the location of all the shut-off valves for water sources in your house and how to use them.**

Be Prepared for an Emergency

If an emergency does arise, it is best to have planned ahead:

- **Where can you go if you have to seek shelter?**
- **Have an exit route planned out.**
- **Plan how you will care for your pet or guide dog.**
- **Know how to shut off the gas and water if you have to leave.**
- **Put together an emergency kit you can quickly grab and take with you. Include small snacks for yourself and treats for any pets.**

- **Consider making copies of any important papers you might need.**