Helen Hamlyn Hub Eynsham
Home Safety Checklist

Practical guidance and preventative steps for comfortable, independent living

Security & Scam Awareness

- ☐ **Locks & Visitors:** Keep doors and ground windows locked. Use a chain or peephole before opening.
- ☐ **Spare Keys:** Leave keys with a trusted neighbor or in a code lockbox—never under mats or pots.
- ☐ **Protect Information:** Never disclose bank or personal details to unexpected callers or doorstep visitors.
- ☐ **Outdoor Lighting:** Ensure entrances and walkways have bright, motion-sensor lights.

Eliminating Daily Hazards

- ☐ **Clear Walkways:** Remove clutter, trailing electrical cords, and low furniture from paths.
- ☐ **Kitchen Setup:** Store daily items on waist- or chest-height shelves to avoid using stools.
- ☐ **Nightlights:** Plug in automatic nightlights in hallways, staircases, and bathrooms.
- ☐ **Staircase Safety:** Fix firm handrails on both sides and keep step edges clear and bright.

Fall Prevention Strategies

- ☐ **Secure Rugs:** Remove loose throw rugs, or secure them with heavy-duty non-slip backing.
- ☐ **Non-Slip Mats:** Always use a rubber non-slip suction mat inside the shower tray or bathtub.
- ☐ **Bathroom Grab Bars:** Install sturdy support bars beside the toilet and inside the shower area.
- ☐ **Supportive Footwear:** Wear firm, non-skid shoes or slippers indoors instead of socks or bare feet.

Emergency Preparedness

- ☐ **Fire Safety:** Test smoke and CO alarms monthly. Keep a fire blanket accessible near the stove.
- ☐ **Personal Alarms:** Wear a medical alert pendant or smartwatch with fall detection and SOS features.
- ☐ **Medical Information:** Keep a card listing current medications and allergies near the front door.
- ☐ **Phone Reachability:** Keep a fully charged phone within arm's reach, especially on the bedside table.

Key Quick-Reference Numbers

Emergency Services:	**999 / 911**	Bank Fraud Line (UK):	**159**
Non-Emergency Police:	**101**	Trusted Contact:	