

Bellingham Fire Department

Brad Kwatcher Safe Coordinator

28 Blackstone St. Bellingham, MA 02019

ph: 508-966-1112

fx: 508-966-5835

Safety Check List for Seniors

- Address clearly posted on the residence
- Smoke and CO detectors on each level of the building. Ideally located at the top and bottom of the stairs on the flat part of the ceiling
- Kitchen area clean and organized especially near the stove
- Extension cords in good condition and used properly. They should have an independent breaker and never run cords under rugs.
- Furnace/chimney checked and cleaned annually. A professional should check your heating system once a year.
- Space heaters at least 3 feet from combustibles and unplugged when not in use. Heaters should be certified by the (UL) Underwriters Laboratory.
- Flammables stored neatly and away from heat sources
- Flammable Liquids (gasoline/kerosene) stored in an appropriate container outside of living area and away from heat sources.
- Lint filter in dryer cleaned regularly also check the outside outlet for blockage.
- Throw rugs slip resistant. Apply double sided tape to the edges or a non-skid backing. Throw rugs are the leading trio hazard for seniors.
- Non-slip mats in shower/bathtubs
- Telephone close to the bed
- Adequate lighting throughout the house. Replace bulbs.
- Medical information organized and easily accessible
- Have a "to go bag " should you need to leave your home unexpectedly.

Resident Signature: _____ Date _____

Address: _____ Phone: _____

Department Member _____ Date _____