

SENIOR SAFETY EDUCATION

SURVIVAL CHECKSHEET



Provided by:

The Fullerton Fire Department

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Fullerton, CA 92832-2099

(714) 738-6500



ENJOY YOUR SENIOR YEARS



This booklet provides information on basic safety tips. Take a moment, read this and see how much you already know and practice. And better yet, what you need to do.



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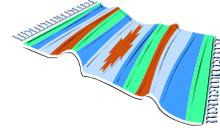
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HOME HAZARDS

FLOORS



Do you have clear access around furniture?

Are your throw rugs securely placed on the floor (using rubber backing, non-slip or double-sided carpet tape)?

Are papers, magazines, books, shoes, boxes or other objects off the floor?

Are electric cords and wires out of pathways?

STAIRS / PASSAGEWAYS



Is your stairway clear of belongings?

Is there good lighting in your hallways, passageways, and other traffic areas?

Do you have light switches located at both the top and bottom of stairs?

Do the handrails run continuously from top to bottom of the entire flight of stairs?

Are stair coverings in good condition?

Are the edges of the stairs clearly marked?

Are all exits and passageways clear?

KITCHEN



Do you have your most frequently used items on the lower shelves?

Do you have a step stool which is stable and in good repair?

Do you wear clothing with short or tight-fitting sleeves while you are cooking?

Do you have good, even lighting over the stove, sink and countertop work areas, especially where food is sliced or cut?

Do you check the temperature settings on your refrigerator?

Do you clean your stove and oven including under the burners regularly?

Do you make sure all the burners, switches, and other safety systems work properly on your stove?

Do you have the pilot setting on your stove checked?

BEDROOM



Are your lamps or light switches within reach of the bed?

Do you have nightlights on the path from your bed to your bathroom?

Is your electric blanket uncovered?

Do you have ashtrays, smoking materials, or other fire sources (heaters, hot plates, teapots, etc.) located away from beds, bedding, and curtains?

Do you avoid "tucking in" the sides or ends of your electric blanket?

Do you turn your heating pad off before you go to sleep?

Do you have a telephone close to your bed?

BATHROOM



Do you have bathtubs and showers equipped with non-skid mats, abrasive strips, or surfaces that are not slippery?

Do your bathtub and showers have at least 1 (preferably 2) grab bars?

Are your small electrical appliances such as hair dryers and shavers unplugged when not in use?

Are all your medications clearly marked and stored in their original containers?

Do you have your water temperature set at 120 degrees or below?

FURNACE / WATER HEATER



Do you have your furnace serviced periodically?

Do you have the serviceperson:

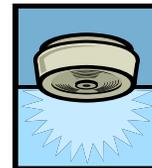
- Clean and/or change the furnace filter twice a year?
- Check for proper venting and combustion of air supply?
- Check for proper flame setting?

Do you have your water heater at least 18" off the floor if it is in the garage or on a utility porch?

Do you have the serviceperson:

- Check for proper venting and combustion of air supply?
- Check for proper flame setting?
- Check for proper temperature setting?

DETECTORS



Do you have smoke and carbon monoxide detectors?

Are your detectors properly located?

Do you test your detectors?

Do you change their batteries twice a year?

Do you have a carbon monoxide detector and is it properly located?

UTILITIES



Do all your electrical switches and outlets work?

Do you know where your breaker panel is and is it clear of obstacles.

Do you have sufficient circuits and outlets for all uses?

Do you know where the gas, electricity and water come into your house?

Do you know how each can be shut off?

FALL PREVENTION



Do you wear secure and supportive shoes?

Do you have your eyes checked regularly?

Do you make sure your clothes don't drag on the floor?

Do you remove your sunglasses when entering low-lit areas?

Do you have pets and know where they are?

Do you have drawers or doors that open easily?

Do you look where you are going?

Do you move from sitting to standing slowly?

Do you carry packages so you can see your feet?

Do you sit on the bed to put your shoes and pants on?

Do you always use handrails?

Do you only do one task at a time?

Do you wipe up spills as soon as they happen?

Do you maintain good nutrition by eating well?

GENERAL SAFETY TIPS

Do you have a telephone with a large dial?

(You may qualify for a free phone through the California Telephone Access Program call (800) 806-1191.)

Do you have emergency numbers in large print near each phone?

Do you have an emergency exit plan?

Do you live in a multi-story building, and need assistance to evacuate in an emergency?

Do you keep a current list of all the medications you are taking?

SIGNS & SYMPTOMS

HEART ATTACK



- Heart disease is the #1 KILLER
- In 2003 over eight million (8,000,000) Americans were hospitalized for first listed diagnosis of Cardiovascular Disease (CVD) or Coronary Heart Disease (CHD). (Statistics provided by the American Heart Association.)

Do you know heart attack symptoms are different for a man vs. a woman?

Do you know this is what a heart attack is like for a man?

Begin with vague symptoms that slowly intensify.

Pain or discomfort can be relatively mild.

Symptoms may come and go.

Variety of symptoms may signal danger.

Do you know this what a heart attack is like for a woman?

May feel pain or discomfort.

Experience shortness of breath.

Feel nauseous or vomit.

Have back or jaw pain.

STROKES

- In 2003 over nine hundred thousand (900,000) Americans were hospitalized for first listed diagnosis of stroke. (Statistics provided by the American Heart Association.)



Do you know these symptoms of a stroke?

Sudden numbness or weakness of face, arm, or leg, especially on one side of the body.

Sudden confusion, trouble speak or understanding.

Sudden trouble walking, dizziness, loss of balance or coordination.

Sudden severe headache with no know cause or trouble seeing.

DEHYDRATION

Dehydration is one of the most frequent causes of hospitalization among people over the age of 65. Those most vulnerable include people who have influenza (flu), and lose fluid from fever, or diarrhea.

Do you know these are the symptoms of dehydration?

Fatigue

Headache

Dry Nasal Passages / Cracked Lips

Overall Discomfort

FOOD SAFETY

CLEAN

Do you wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item before you go on the next food?

Do you periodically use kitchen sanitizers (including a solution of 1 teaspoon chlorine bleach to 1 quart of water)?

Do you replace cutting boards (including plastic, non-porous, acrylic and wooden boards that have become excessively worn or developed hard to clean grooves)?

Do you use paper towels to clean up kitchen surfaces?

Do you rinse your produce in water before using?

SEPARATE: DON'T CROSS CONTAMINATE

Do you separate raw meat, poultry and seafood from other food before preparation?



Do you use a different cutting board for raw meat, poultry and fish products?

Do you always wash your hands, cutting boards, dishes and utensils with hot soapy water after they come in contact with raw meat, poultry, seafood, eggs and unwashed fresh produce?

Do you place cooked food on a clean plate and not on the one previously used to hold raw meat, poultry or seafood?

Do you discard food that is past its expiration date?

CHILL

Do you refrigerate foods quickly -- even hot foods?

Do you refrigerate or freeze perishables, prepared food and leftovers within 2 hours?

Do you divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator?

72-HOUR SUPPLY KIT CHECKLIST

Do you have the following in a 72-Hour Emergency Supply Kit in case of disaster?

PERSONAL SUPPLIES

Water - 1 gallon per person per day for at least 3 days
(change out every six months)

Food - enough to last 3 days

Bleach - 1 gallon

Sanitation Supplies, Hygiene Supplies; i.e. soap

Flashlights, Portable Radio and Extra Batteries

Fire Extinguisher

Heavy Clothes, Boots or Shoes

Small Hand Tools and Shutoff Wrench

Shovel, Rope

Camp Stove and Extra Fuel

Tent, Sleeping Bag, Lantern

Cooking and Eating Utensils, Can Opener

Paper Plates and Cups

Box of Heavy Duty Garbage Bags

Aluminum Foil, Plastic Wrap, Zip-Lock Bags

Waterproof Matches

Pet Provisions (Water, Food, Leashes, etc..)

Out of State Emergency Contact List (Family, Friends, etc.)

Cash (You may not be able to access bank funds immediately after a disaster).



FIRST AID / MEDICAL KIT



Medications for at least seven days

List of Doctors

Extra Pair of Eyeglasses

4 X 4 - inch Gauze Pads - 10 to 20 pads

Sanitary Napkins for Excessive Bleeding - 2 to 4 pads

1 and 2 inch adhesive tape (changed every 6 months) - 1 of each

Kerlex, Kling or any other brand of roller bandages - 4 rolls

Scissors - a good pair of medical scissors

Band-Aids - 4 or 5 strips for small cuts

Antiseptic solution - used to cleanse wounds - 1 bottle

Latex gloves

Note: Perishable supplies should be replaced at least once a year.

HAZARDOUS MATERIALS AWARENESS



Do you **Limit** the amount of hazardous materials, i.e. paint, gasoline, etc. that you store?

Do you **Isolate** materials in enclosed cabinets?

Do you **Eliminate** items no longer needed?

Do you **Separate** incompatible materials?

Do you know the following are hazardous materials?

- Auto Fluids
- Batteries
- Household Cleaners
- Motor Oil
- Oil Filters
- Other Household Chemicals
- Paints
- Pesticide



You can dispose of excess or unwanted hazardous household items at the Orange County Household Hazardous Stop and Swap site. Open Tuesdays through Saturday from 9am-3pm (except holidays) at: 1071 N. Blue Gum, Anaheim (Corner of LaPalma and Blue Gum)

AGENCIES FOR SENIORS

COUNCIL ON AGING-ORANGE COUNTY

1971 E. 4th Street, Suite 200
Santa Ana, California 92705-3917

www.coaoc.org

Telephone:

(714) 479-0107
(714) 560-0424

Fax:

(714) 479-0234
(714) 560-0319

ADULT PROTECTIVE SERVICES 24 HOUR HOTLINE (800) 510-2020

Do you know Adult Protective Services is responsible for investigating all allegations of abuse to elders?

Do you know abuse means ANY of the following:

Physical Abuse

Sexual Abuse

Neglect

Financial Abuse

Abandonment

Isolation

Abduction

Psychological / Mental Abuse (Deliberately subjecting a person to fear, agitation, confusion, severe depression, or other forms of serious emotional distress, through threats, harassment or other forms of intimidating behavior.)