

# HOME SAFETY CHECKLIST

## Living Room & Family Areas

- Do your throw rugs have a non-skid backing?
- Are all carpets firmly attached to the floor?
- Are floors a non-slippery surface?
- Is the furniture in good shape and safe to use?
- Are walkways free of all cords (electrical, cable, etc.)
- Are hallways free of clutter?
- Are hallways well lit?
- Does the room have lighting that doesn't produce a glare?
- If you have a fireplace, does it have a screen in front of it?
- If using electric / gas space heaters,
  - Are they at least 3 feet away from curtains, furniture, and other combustible objects?
  - Are they placed on non-flammable surfaces and out of traffic paths?
  - Are they places where they can't easily fall over?
  - Are gas space heaters vented properly?



# HOME SAFETY CHECKLIST

## Kitchen

- Is there good lighting over the sink & stove?
- Are frequently used items easily accessible?
- Do you have a step stool or small ladder to reach high shelves?
- Are floors a non-slick surface?
- Do all throw rugs have non-skid backing?
- Cleaners / Chemicals
  - Are they stored away from food?
  - Are they stored out of reach of children and pets?
- Are spills wiped up as soon as they occur or are noticed?
- Are towel racks located away from the heat of the stove?
- Are cooking areas free of grease or extensive mess and clutter?



# HOME SAFETY CHECKLIST

## Bathroom

- Are exposed hot water and drain pipes covered?
- Is the bathroom free of clutter?
- Can the temperature of the bathroom space be adjusted?
- Is the bathroom free of portable electric or gas space heaters?
- Does the toilet have some sort of sturdy support nearby (not a towel bar)?
- Is the bathroom well lit?
- Tub/Shower
  - Does it have a non-slippery surface?
  - Does it have adequate grab bars or sturdy support?
- Medicines
  - Are they well labeled?
  - Are they stored out of the reach of children?
  - Are expired medicines thrown away?
- Are razor blades stored out of the reach of children?
- Are hair dryers and other electrical equipment used away from water?



# HOME SAFETY CHECKLIST

## Bedroom

- Is a lamp/light switch within reach as you walk into the room?
- Is a lamp light switch within reach of the bed?
- Is a night light in the room?
- Is a flashlight located next to the bed?
- Is a telephone located next to the bed?
- Are magazines and newspapers kept off the floor?
- Do throw rugs have non-skid backing?
- Is the bed sturdy?
- Is the bed a good height?
- Does the bed have an easy to grip head board?
- Are traffic areas free of all cords (electrical, cable, etc.)
- If applicable, are electric blankets and heading pads on good condition.



# **HOME SAFETY CHECKLIST**

## **Stairways, Porches, & Outdoor Areas**

### Stairways & Porches:

- Are the stairs well lit?
- Do all indoor stairways have light switches at the top and bottom?
- Are there sturdy handrails for all steps and stairways?
- Are the steps and stairs in good condition?
- Are there sturdy guard rails on all porches and decks?
- Are porch area(s) in good condition?
- Are the stairways a non-slippery surface?

### Outdoor Areas:

- Is there lighting along walkways and by doors?
- Are walkways in good condition?
- Is the driveway in good condition?
- Is the yard clear of debris such as glass, trash, or boards?
- Is the lawn mowed and landscaping maintained?



# HOME SAFETY CHECKLIST

## All Areas

- Is the water temperature safe (120°F)?
- Is there sufficient light in every room?
- Are power cords and/or extension cords in good condition?
- Are locks present and secured on all windows?
- Are windows operable and not painted or nailed shut?
- Are doors operable and not blocked off?
- Are all electrical outlets used properly (not overloaded)?



# **HOME SAFETY CHECKLIST**

## **Emergency Preparedness**

- Is there a fire extinguisher present in the home?
- Is the fire extinguisher's inspection up-to-date?
- Smoke detectors
  - Is there a smoke detector on each level of the house?
  - Is there a smoke detector in each bedroom?
  - Are the smoke detectors working properly and have the batteries been checked/changed?
- Carbon Monoxide (CO) detectors
  - Is there a Carbon Monoxide detector on each level of the home, including the basement?
  - Are the Carbon Monoxide detectors within 10 feet of each bedroom?
  - Are the Carbon Monoxide detectors working properly and have the batteries been checked/changed?



# WHAT TO KEEP IN YOUR FIRST AID KIT:

The Red Cross recommends that all first aid kits for a family of four include the following:

- 2 absorbent compress dressings
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 emergency blanket
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- 1 3 in. gauze roll (roller) bandage
- 1 roller bandage (4 inches wide)
- 5 3 in. x 3 in. sterile gauze pads
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- Tweezers
- Emergency First Aid guide  
(next two pages)

*These are links to our preferred safety products on Amazon. As an Amazon Associate, Care 1st Training Group earns from qualifying purchases.*



# FIRST AID



## CARE 1ST TRAINING GROUP

Teaching parents-professionals  
How to save a life

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### Legal Considerations



**ALWAYS** ask victim before performing aid. If victim is **unresponsive**, you should still perform CPR/First Aid.

**DO NOT** offer assistance in something you're **NOT** trained in, or if a scene looks **unsafe**.

Remember: Good Samaritan Laws differ in all 50 states.

### Personal Protective Equipment



Protective clothing, helmets, goggles, or other garments or equipment designed to protect from injury or infection.

**Common PPE for First Aid** are gloves & CPR breathing barriers.

### Unconscious Assessment



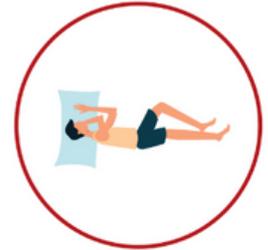
**Use the Glasgow Coma Method:**

**Eye Opening:** Assess speed of eye opening. Is it fast/slow? Only in response to pain?

**Verbal Response:** Assess speech ability. Is it clear? Detailed? Are they confused?

**Motor Response:** Assess body movements. Do they obey your commands? What can/can't they move?

### Recovery Position



**Kneel** beside victim.

**Straighten** their arms and legs.

**Fold** their arm closest to you over chest.

**Place** other arm at right angle.

**Bend** leg closest to you.

**Support** head and neck while **rolling** them away from you onto their side.

**Adjust** upper leg to keep at right angle.

### Heart Attack



**Symptoms:** Chest pain, pressure or squeezing, pain in both arms, back, shoulder, neck, jaw or upper part of stomach.

**Care:** Call 911. Offer Aspirin. Prepare for CPR & AED.

### Difficulty Breathing & Shortness of Breath



**Symptoms:** Chest pain/tightness, unable to breathe deeply, cough, wheezing, fever, rapid heart rate.

**Care:** Call 911. Prepare for CPR & AED.

### Stroke



**Balance:** Does the person have a sudden loss of balance or coordination?

**Eyes:** Are they experiencing double vision, or can they see?

**Face:** Does one side of the face droop?

**Arms:** Have them raise both arms. Does one side drift down?

**Speech:** Have victim say a simple sentence. Is speech SLURRED?

**Time:** Please time symptoms and call 911.

### Seizure Convulsions



**Symptoms:** A person having a seizure may have **uncontrollable** jerking of arms or legs or stare off into space. They may also lose consciousness or awareness.

**Care:** Allow the seizure to run its course. Protect the head and roll victim on their side. **DO NOT** put anything in victim's mouth.

### Abdominal Pain



**Symptoms:** Severe pain, fever, nausea/vomiting, yellowish skin, tender abdomen.

**Care:** Have victim **rest** until pain subsides and **drink** small amounts of water. If they lose consciousness or vomit blood, call 911.

### Shock



**Symptoms:** Cool, pale, sweaty skin, possible vomiting, weakness or dizziness.

**Care:** Call 911. **Position** victim on back and cover with blanket to prevent heat loss. If victim vomits, roll them on their side.

### Asthma/Inhalers



**Symptoms:** Shortness of breath, wheezing, nonstop cough.

**Care:** Call 911. Sit victim upright. Help **administer** inhaler. **Remove** cap & shake. Have them breathe out, breathe puff in slowly and deeply and hold breath for **10 seconds**. Repeat 4 times.

### Allergic Reactions Bites & Stings



**Symptoms:** Skin rashes, itching, hives, shortness of breath, dizziness or fainting, stomach pain, vomiting or diarrhea.

**Care:** Call 911. Use an **EPIPEN** or **BENADRYL** if victim has it.

# FIRST AID

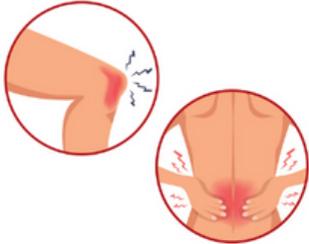


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### Head Injuries/Sprains Fractures & Dislocations



**Care for Head Injuries:**  
Tell the victim **NOT** to move. Control any external bleeding and call 911.  
**Care for Sprains:**  
**R**-est  
**I**-ce  
**C**-ompression  
**E**-levation

### Diabetes



**Symptoms:** Dizziness, shaking, sweating, clamminess, hunger, nervousness or anxiety, irritability, rapid pulse.  
**Care:** Give the victim some form of sugar, preferably fruit juice. **DO NOT** give insulin. If there is no improvement in **10 minutes**, call 911.

### Burns



**Care:** Remove from source of burn. Cool with running water for **AT LEAST 10 minutes**. Cover burn with plastic wrap or with a loose, sterile dressing.

### Internal Bleeding



**Symptoms:** Pale, clammy skin, shallow breathing, lightheadedness, tingling in hands/feet, rapid pulse, weakness, nausea/vomiting.  
**Care:** Call 911. Lay victim down. Elevate legs above level of heart.

### Control of Bleeding



**Care:** **Cover** with a clean, sterile dressing. **Wrap** tightly with a roller bandage. If blood soaks through, apply a tourniquet above wound site. Wrap **AROUND** any impaled objects.

### Nose Bleed



**Care:** Have the victim lean forward and **pinch** nose. Put **ice** on bridge of nose.

### Impaled Object



**Care:** Call 911. **DO NOT** remove object. Keep the victim still. **Apply** pressure around the object with gauze and bandages to stop the bleeding. **Stabilize** object by placing bulky dressings around it. Watch for signs of shock.

### Amputation



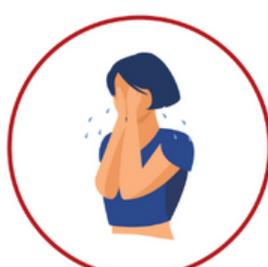
**Care:** Call 911. Have victim lay down. **Apply** pressure to wound. **Cover** first dressing with new one if blood soaks through. **Apply** a tourniquet if bleeding is severe. Watch for signs of shock. If possible, rinse amputated part with water, put in plastic bag and give to EMS.

### Poisoning/ Drug Overdose



**Care:** Remove person from source of poison. Call 911 or Poison Control at **1-800-222-1222**. **DO NOT** make victim vomit.

### Emotional Considerations



**Care:** It's important to stay calm so that the victim remains calm as well. Respond with **compassion** and offer emotional support and **reassurance** to victim and/or those indirectly affected.

### Cold Emergencies



**Care:** Move the victim to a warm environment. **Remove** wet clothing and warm gradually with skin to skin contact, blankets, gloves, hats & socks.

### Heat Emergencies



**Care:** Remove victim from heat. **Offer** sports drink, coconut water, milk or water to drink. **Remove** excessive clothing. **Apply** ICE bags to neck, armpits and groin, and call 911 if condition worsens.

# FIRST AID KIT LINKS



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