



Make 'Home Sweet Home' Safer Year-round

Here are some basic things you can do to help keep your home safe.

Kitchen

- Use appliance thermometers to make sure your fridge stays at or below 40 degrees and the freezer is at 0 degrees
- Check food "use by" dates, watch for signs of spoilage, and toss anything you aren't sure about

Bedroom

- Position your bed near a light switch
- Put your eyeglasses, phone, and a flashlight next to your bed

Bathroom

- Before going to bed, remember to turn on (or plug-in) night lights
- Use nonskid strips, mats, or carpets

Walkways

- Position all furniture so there's clear space to walk
- Remove clutter from stairs and floors, and adhere no-slip strips to wooden and tile floors



Smoke and Carbon Monoxide (CO) Alarms Belong on Every Level of Your Home

Along with a smoke alarm in each bedroom, hang a smoke and CO alarm outside each sleeping area. Replace alarm batteries when you change your clock for daylight saving time.

Make a Fire Escape Plan

Determine two ways to get out of each room and an outside meeting place. Practice at least twice a year.