

# Indoor Safety List for the Elder

## Bathroom & Toilet

Shower Cabin	Handrails inside
	Stool for sitting down to take shower
	Non-slip mat inside
Toilet	Separate toilet design (having shower curtain or sliding door)
	Handrails around
Ground	Non-slip tiles/paint/mat/slippers
	Smooth for draining
	No threshold, same level for inside and outside ground
Installation	Gas water heater installed out side with good ventilation
	Socket with protection
	Exhaust fan or dehumidifier to keep dry
	The bathroom door can be opened from the outside
Placement	The hair dryer is hanging low or on the sink and its plug is plugged into the socket
	Toiletries can be easily accessed

## Bedroom

Installation	Emergency call for help controlled in bed
	Night light controlled in bed
Bed	No hard things above which might fall down
	No mess around to make difficult for up and down
	Not too high (feet can reach the floor)
Ground	Not too soft (easy for get up)
	Non-slip mat or tiles
	No wrinkles or curly edges for carpet
	Smooth, same level for inside and outside ground
Placement	No wire to cause tripping
	Common things put on easy-to-get place (no use of ladders)
	No hard objects above the furniture

## Kitchen

Installation	Window with magnetic alarm device
	Fire extinguisher
	Gas leak alarm
	Stoves can cut off gas source automatically
Gas Stoves	Sockets with protection and far away from water source
	Within the safe life (within 8 years)
	Gas hose and joints are not aging
	Not too much oil stain
	No combustibles like alcohol below
Ground	No paper, plastic wrap and plastic bag below or around
	Dry and without oil stain
Placement	Non-slip tiles
	Wire is not bundled or under pressure
	Cutlery and other sharp items are fixed (not easy to fall)
Other	Common things put on easy-to-get place (no use of ladders)
	Good ventilate

## Living room

Furniture	Stool for taking shoes besides the door
	Sturdy chair with handrail
	No folding table (easy to cause injures)
	Furniture without sharp edges
	Fixed table without table towel
	Sofa is not too soft and high (easy to get up)
Lighting	No rocking chair
	TV is fixed
	Easily controlled night light besides aisle
Ground	Enough but not too much light (avoid reflective phenomenon)
	No wrinkles or curly edges for carpet
	Soft and warm (avoid marbles)
	No wire to cause tripping
	Smooth, same level for inside and outside ground