

SENIOR SAFETY EDUCATION

SURVIVAL CHECKSHEET



Presented by: San Luis Obispo City Fire Department



DISCLAIMER

Information contained in this brochure is provided for informational purposes and is not meant to substitute for the advice provided by your own physician or other medical professional. You should not use the information contained herein for diagnosing or treating a health problem or disease, or prescribing any medication. If you have or suspect that you have a medical problem, promptly contact your health care provider. In the event of a medical emergency, call 911.



ENJOY YOUR SENIOR YEARS

We have put together a brochure with some safety tips. Take a moment, read this and see how much you already know and practice. And, what you need to do.

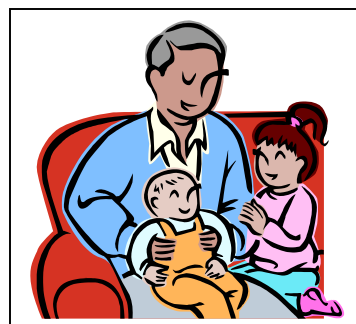
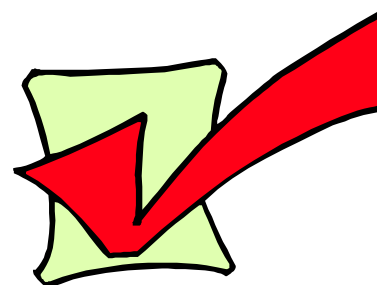


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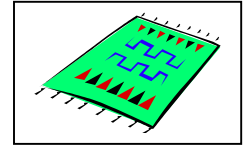
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HOME HAZARDS

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?



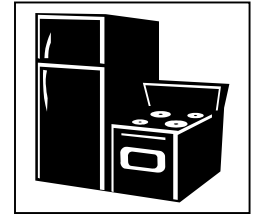
STAIRS (EXTERIOR/INTERIOR) / PASSAGEWAYS

- 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?



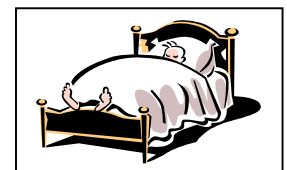
KITCHEN

- 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 bathtubs and showers have at least 1 (preferably 2) grab bars?
- Are your small electrical appliances such as hair dryers, shavers, etc. 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



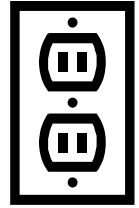
- Do you have your furnace serviced periodically?
- Do you have the serviceman:
 - Clean and/or change the furnace filter twice a year
 - Check for proper venting and combustion of air supply
 - Check for proper flame setting
- Do you have your water heater at least 18" off the floor if it is in the garage or on a utility porch?
- Do you have the serviceman:
 - 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 detector(s)?
- 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?
- Do you know when to shut off utilities and when not to?

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?

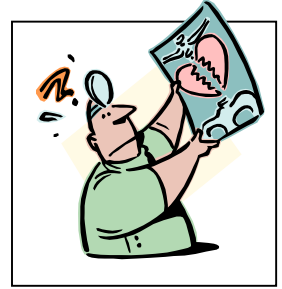
- Do you look where you are going?
- Do you move from sitting to standing slowly?
- Do you carry packages so you can see your feet?
- Do you sit on the bed to put your shoes and pants on?
- Do you always use handrails?
- Do you do only one task at a time?
- Do you wipe up spills as soon as they happen?
- Do you maintain good nutrition by eating well?

GENERAL SAFETY TIPS

- Do you have a telephone with a large dial?
- Do you have emergency numbers in large print near each phone?
- Do you have an emergency exit plan?

SIGNS & SYMPTOMS

HEART ATTACK



- * Heart disease is the #1 KILLER
- * Heart disease affects about 12 million Americans
- * 1.1 million people affected each year

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

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

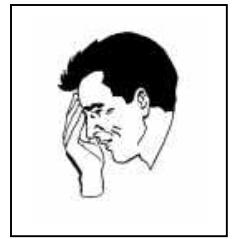
- ◆ Begin with vague symptoms that slowly intensify.
- ◆ Pain or discomfort can be relatively mild.
- ◆ Symptoms may come and go.
- ◆ Variety of symptoms may signal danger.

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

- ◆ May feel pain or discomfort.
- ◆ Experience shortness of breath.
- ◆ Feel nauseous or vomit.
- ◆ Have back or jaw pain.

STROKES

600,000 People will suffer from a stroke this year.

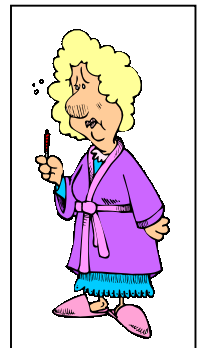


Do you know these are symptoms of a stroke?

- ◆ Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- ◆ Sudden confusion, trouble speaking or understanding.
- ◆ Sudden trouble walking, dizziness, loss of balance or coordination.
- ◆ Sudden severe headache with no known 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

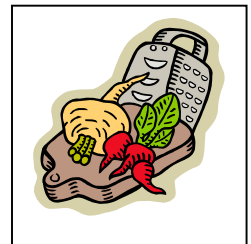
FOOD SAFETY

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 to the next food?
- Do you periodically use kitchen sanitizers (including a solution of 1 teaspoon of 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

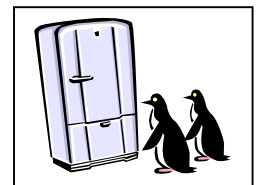
- Do you separate raw meat, poultry and seafood from other food before preparation?
- Do you use a different cutting board for raw meat, poultry or fish products?



- 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?



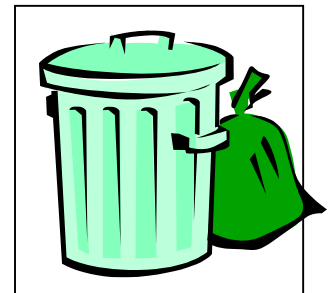
- Do you refrigerate or freeze perishables, prepared food and leftovers within 2 hours?
- Do you divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator?

72-Hour Supply Kit Checklist

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

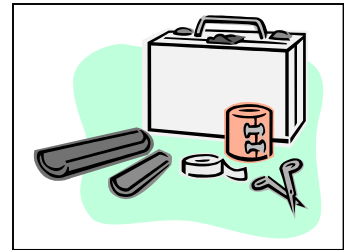
PERSONAL SUPPLIES

- 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



FIRST AID / MEDICAL KIT

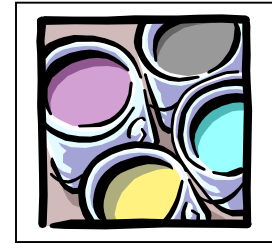
- Medications for at least seven days
- List of Doctors
- Extra Pair of Eyeglasses
- 4 x 4-inch Gauze Pads - 10 to 20 pads
- Sanitary Napkins for Excessive Bleeding - 2 to 4 pads
- 1 and 2 inch adhesive tape (changed every 6 months) - 1 of each
- Kerlex, Kling, or any other brand of roller bandages - 4 rolls
- Scissors - a good pair of medical scissors
- Adhesive tape - one roll of 1-inch tape
- 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



AGENCIES FOR SENIORS

AREA AGENCY ON AGING (541-0384)

VIAL OF LIFE

- Do you know the Vial of Life provides emergency personnel with medical information in the event you are unable to speak for yourself?
- Do you know it is free and can be picked up at all local senior centers, Fire Department, and via 1-800-510-2020?

The information should be accurate, current, complete and legible.
The information includes:

1. Medications
2. Brief Medical History
3. Physician Name
4. Insurance Provider
5. Emergency Contact



Note: The container holds up to four forms. When information is finished, place it in the container and then on the refrigerator door.

SENIOR INFORMATION GUIDE

- Do you know this is a free informational guide as well as a community resources directory located at the Senior Citizens Center - 1455 Santa Rosa?

ADULT PROTECTIVE SERVICES (781-1790)

- 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 means deliberately subjecting a person to fear, agitation, confusion, severe depression, or other forms of serious emotional distress, through threats, harassment other forms of intimidating behavior.**