

# 10 Essential Tips to Keep Your Home Safe and Secure

Creating a safe and secure environment in your home is important for ensuring the well-being and independence of everyone living within its walls. Discover ten practical tips to make your home a safer place:



## 1. Clear Away Trip Hazards:

Begin by making your home more navigable. Remove any clutter that could cause trips and falls, especially in high-traffic areas. This includes securing or removing loose wires, small furniture, and other obstacles.

**2. Secure Loose Rugs and Carpets:** Rugs and carpets can easily become slip hazards if they're not properly secured. Use double-sided tape or non-slip pads underneath rugs to keep them firmly in place.

**3. Install Grab Bars in Key Areas:** Bathrooms can be particularly hazardous due to wet surfaces. Installing grab bars near the toilet, shower, and bathtub can provide necessary support and prevent falls.

**4. Ensure Adequate Lighting:** A well-lit home is essential for avoiding accidents and deterring burglars. Ensure all areas of your home, including entryways, hallways, and staircases, are brightly lit. Consider motion-sensor lights outdoors to improve visibility and security at night.

**5. Apply Non-Slip Strips in Wet Areas:** Bathrooms, kitchens, and laundry rooms are prone to becoming slippery. Applying non-slip strips or mats can significantly reduce the risk of slips and falls.

**6. Use Non-Slip Floor Wax:** For homes with hard flooring, using a non-slip floor wax can add an extra layer of safety, reducing the likelihood of accidents.

**7. Enhance Stair Safety:** Stairs can be a major hazard if not properly managed. Ensure that all staircases have sturdy handrails on both sides that run the full length of the stairs.

**8. Maintain Outdoor Areas:** Keeping outdoor walkways, driveways, and entryways clear can play a significant role in preventing falls. Regularly remove debris, snow, and ice; repair any uneven surfaces; and consider applying anti-slip coatings to surfaces that frequently get wet or icy.

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**9. Furniture and Floor Layout Optimization:** Arrange furniture and other items in your home to create clear, wide pathways that are easy to navigate, minimizing the chances of bumping into objects or tripping over them. Keep floors clear of small objects and consider the placement of furniture to avoid creating obstacles in high-traffic areas.

**10. Adapt Clothing Choices:** The choice of clothing can also impact the risk of falls at home. Encourage the wearing of properly fitting shoes with non-slip soles instead of walking around in socks or loose-fitting slippers, which can easily slip off or catch on the floor. Additionally, avoid wearing long, flowing garments that could trip you up as you move around the house.

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