


Kitchen Safety


The kitchen is a great place for family members to spend quality time together. It's important to take precautions to ensure the safety of everyone involved.

Use this checklist to help make the kitchen a safer place:

- Prevent falls by placing a water-absorbent, non-skid mat in front of the sink. Spills or splashed dishwater can make floors wet and slippery.
- Make certain the kitchen is well-lit, using at least 60-watt bulbs.
- Place microwave oven on the kitchen counter, instead of mounting it above the stove. This helps prevent burns, since there's no reaching over burners or hot food. Also, this placement helps avoid dropped or broken items.
- Keep a fire extinguisher near the kitchen exit, so it can be reached as you move back from flames.
- Ensure the coffee maker and other appliances have automatic shut off features to prevent overheating if mistakenly left on.
- Use a sturdy step ladder or step stool instead of a chair to reach objects in overhead cabinets.
- Have three feet of clear space around heat sources to prevent fires.
- Ensure there are smoke alarms in the kitchen and check to ensure there are working batteries.

For more information on Solutions for Caregivers:

 Call **1-877-765-4473, TTY 711**
24 hours a day, 7 days a week

 Visit **www.LiveandWorkWell.com**
Access code: "Caregiver"

If you are concerned about the safety of your loved one, it may be time for an onsite assessment.

