

SLIP AND FALL SAFETY

Many seniors prefer to remain living in their homes and communities.

However, injuries due to falls are common. Follow these tips to make your home more safe.

- Declutter your home so that you have lots of space to walk around
- Use anti-slip pads under all rugs. To avoid slipping, clean up all spills immediately and never walk in socks or stockings
- Make sure every room in your home has plenty of light and install nightlights
- Cover all cords or, better yet, secure them behind furniture or to the floorboards
- Use handrails when climbing stairs and install grab bars in the bathroom and shower. Use rubber mats in your shower or consider using a shower seat
- Store all frequently-used items within easy reach. Avoid having to reach up for anything
- Always keep a cordless phone nearby or carry your cellphone on you at all times
- Consider buying a medical alert device



FINANCIAL SAFETY

While seniors are about 14% of the population, they account for 33% of fraud victims. Follow these tips to avoid becoming a victim of financial fraud.



- Keep your jewelry, papers, in a bank safety deposit box
- Familiarize yourself with types of scams and learn the warning signs
- Have your social security or disability payments made by direct deposit and check your bank account frequently
- Never reveal any financial information or credit card numbers to strangers or even your neighbors
- Beware of unsolicited calls. Don't be pressured to agree to a loan, enroll in a service or to purchase a product. If it seems suspicious, just hang up

RESOURCES AND HELP

If you or someone you know is in immediate danger,

CALL 911 NOW!

If you think you've been the victim of identity theft, call the Federal Trade Commission at 877-382-4357.

If you think you've been the victim of financial fraud, call the Consumer Financial Protection Bureau at 855-411-2372.

For any concerns, call your local law enforcement at the number on the front of this brochure.

SAFETY TIPS FOR SENIORS



Courtesy of
CITY OF MARICOPA
FIRE/ MEDICAL



More than 26% of Americans 65 years or older are living on their own, and staying safe is an important concern for them and their families.

It's important to know ways to prepare for emergencies, prevent accidents and prevent financial abuse. This pamphlet offers safety advice in the following areas:

- HOME SAFETY
- SLIP & FALL SAFETY
- FOOD SAFETY
- CAR SAFETY
- FIRE SAFETY
- FINANCIAL SAFETY



SAFETY AND SECURITY IN AND OUT OF THE HOME

Seniors are easy targets for criminals. So, whether you're at home or outshopping, always stay alert.

- Don't leave a house key under your doormat, consider installing a security system.
- Never let a stranger in your house. Keep your doors locked and windows secured. If you're expecting a repairman, ask a friend or relative to stay home with you
- When you go out, try to be around other people or go with a group of friends. Be aware of your surroundings at all times
- Keep your purse close to your body or consider wearing a fanny pack. Keep wallets in the front pocket



FOOD SAFETY

Seniors are at high risk of developing food-borne illness and it is harder for them to recover if they get sick.

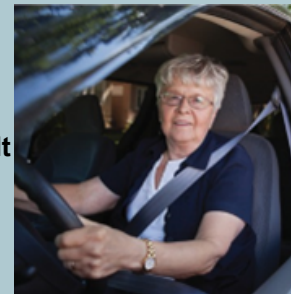


- Keep raw foods and cooked foods separate when transporting them and cooking
 - Avoid raw foods, uncooked items and unpasteurized products
- Wash your hands with soap before handling food
- Cook all your meals thoroughly. Use a meat thermometer
- Double-check all food for expiration dates. If you're not sure it's safe to eat, throw it away
- Use a refrigerator thermometer to make sure your food is being stored at a safe temperature
- Keep yourself well-hydrated and always have drinking water nearby

CAR SAFETY

Below find effective senior safety tips for keeping safe if you drive.

- Keep car doors locked at all times
- Never leave your purse on the passenger side
 - Don't leave your car windows wide open
 - Avoid driving at night
- Always wear your seat belt
 - Park in well-lit areas
- Keep valuables locked and out of view, in your trunk



FIRE SAFETY

Adults over 65 are 2.6 times more likely to die from a fire than the rest of the population. Use these simple senior safety tips to stay safe.

- Have a working fire extinguisher at home
- Install and check regularly smoke detectors and carbon monoxide detectors. If your detectors are more than 10 years old, it's time to replace them
- Never leave your dryer running while sleeping or not at home. Have the vents of your dryer cleaned once every 3 months
- Turn off all heaters when you leave home. Space heaters should have 4 ft clearance around all sides
- Stay in the kitchen while you're cooking and check the stove before leaving home
- Never leave candles or fireplace burning in an empty room
 - If any appliance cords or wires are torn or frayed, replace them immediately
 - Don't overload power sockets or extension cords
- If a fire does break out, don't try to put it out. Just get out of the house immediately and CALL 9-1-1



**KNOW
2 WAYS
OUT
EVERY SECOND
COUNTS!**