

Play It Safe Checklist

Having good safety practices are like a having a solid insurance plan for health, home, auto and life! Complete this Checklist to see if you play it safe or are at risk for an accident or injury.

Health

- I see my doctor at least once a year and report any new health conditions.
- I eat at least three servings of fruits and vegetables each day.
- I take medications as directed and review side effects with my pharmacist.
- I throw out expired medications.
- I have my eyes tested annually.
- I have had an Osteoporosis screening.
- I stay active to reduce my risk of falls by maintaining strength, balance and coordination.
- BONUS: I wear a device (pedometer, fitbit) to track the number of steps I take daily. +3 pts**

Attire

- I wear non-skid shoes.
- I do not wear slip-on shoes.
- I wear reflectors and safety lights when walking/biking when it's dark.
- BONUS: I wear bright neon colors when walking outside near traffic. +3 pts**



Environment

- I use devices such as handrails and grab bars, canes and walkers to maintain my balance.
- I have installed smoke detectors in my home.
- I have installed carbon monoxide detectors in my home.
- I have replaced the batteries in my smoke detector and other alarms within the last 12 months.
- I have tested my smoke detector and other alarms in the last month.
- I have an emergency escape plan.
- BONUS: I have practiced my fire escape plan the last 6 months. +3 pts**
- SUPER BONUS: I have practiced my fire escape plan both the day and night in the last 6 months. +5 pts**
- I always turn on lights before entering a dark room and using the stairs.
- I keep a lamp near my bed.
- I use nightlights.
- A flashlight is near the bed in case of emergency.



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