

Safety at home

Before a referral is made to occupational therapy these are things you can put into place to make your home safer.

01 General

- Fix blind or curtain cord out of reach ☐
- Get flooring that is easy to clean ☐

These items can be fitted...

- Furniture corner covers ☐
- Window restrictors ☐
- Stair gate ☐

- Working smoke alarms ☐
- Key lock cupboard or safe ☐
- Radiator covers ☐
- Foam door stopper guard and finger guard ☐
- Plug socket covers ☐
- Lockable medicine cabinet ☐

02 Kitchen Safety

- Keeping hazards out of reach, eg kettle ☐
- Restrict access to the kitchen ☐
- Lock away chemicals and sharp objects ☐
- Check hot water temperature to prevent injuries. ☐

These items can be fitted...

- Oven guard and hob guard ☐
- Cupboard locks ☐
- Fridge lock ☐

03 Living Room

- Fix your TV to a wall ☐
- Get a screen guard ☐
- Fit a fire guard ☐
- Secure or protect electrical cables ☐
- Place ornaments out of reach or remove them ☐
- Place protective film over glass ☐



04 Supervision

- Lock front and back doors ☐
- Use baby monitors ☐
- Children should not be left on their own ☐
- Supervision of internet use (parental controls) ☐
- Technology Enabled Care ☐
- Extra supervision around water e.g. ponds, water butts ☐



05 Outside spaces

- Have lockable storage for tools and chemicals ☐
- Fit gate locks ☐
- Level uneven surfaces ☐
- Check for poisonous plants ☐
- Remove animal faeces ☐
- Fit secure fencing ☐
- Supervise children on play equipment ☐
- Keep larger equipment away from fencing ☐
- Secure front garden/driveway ☐

06 Bedroom and Stairs

- Remove furniture to prevent climbing ☐
- Keep the stairs clear and well lit ☐
- Fix blind or curtain cord out of reach ☐

These items can be fitted...

- Stair gates ☐
- Bed guard ☐
- Low level bed ☐
- Soft landing on the floor ☐
- Radiator Cover ☐
- Window restrictor or lock ☐

07 Bathroom

- Lock from the outside when not in use ☐
- Constant supervision for children ☐

- Temperature controlled shower and taps ☐
- Shower and bath water thermometer ☐
- Toilet lid lock ☐

These items can be fitted...

- Anti-Slip mat in the bath and on the floor ☐
- Lockable cabinet for products ☐

For more information on safety in your home, including general advice and video tutorials, please visit our website by scanning the QR code.

You can also use this link:
cambspborochildrenshealth.nhs.uk
and search for **safety in your home.**

