

**Together we
can all make
a greater impact
in our community!**



We encourage you to work with your friends, family and neighbors to ensure they live in safe and healthy homes:

SHARE these tips with others in your community.

ENCOURAGE homeowners in need of critical home repair work to contact Rebuilding Together and apply for our services.

VOLUNTEER with your local Rebuilding Together affiliate.

MAKE a contribution and invest in the health of your community!

With your support, we can build safer and healthier homes and communities.




ABOUT US

Rebuilding Together Hudson Valley serves Dutchess and Ulster Counties. Since our founding in 1992, as Rebuilding Together Dutchess County, we have partnered with over 14,300 volunteers to complete more than 1000 home repair projects, investing a market value of \$8.2 million into our community.

You can make your home safer – we're here to help! This home safety guide will assist you in making important changes in your home, which will decrease the likelihood of an injury from a fall, fire or other accidents.

If you require our help with critical home repairs to enable you to remain in a safe and healthy home, we are here to help!

CONTACT US

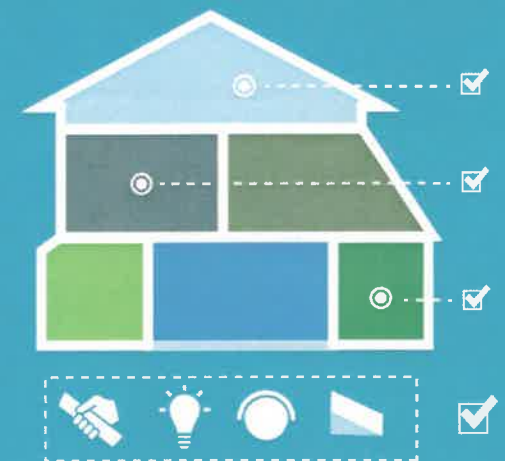
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STAY IN TOUCH

Facebook & Twitter: @RTHudsonValley
Instagram: @rebuildingtogetherhv

HOME SAFETY CHECKLIST



Rebuilding Together
Hudson Valley

rthudsonvalley.org

GENERAL

- Make sure the numerals for your address are clearly visible from the street.
- Keep important phone numbers – including police, fire, poison control and emergency services near the telephone, and be sure to write in large, easy-to-read print.
- Water leaks can cause serious damage to your home and your health – identify the cause of any leak and fix it promptly.
- Have your gutters and downspouts checked once a year to ensure they are clean and free of obstructions.
- Set your water heater no hotter than 120 degrees Fahrenheit.
- Keep low coffee tables, magazine racks, footrests and plants out of walkways.
- Remove old throw rugs.

ELECTRICAL SAFETY

- Do not place cords where they can be a tripping hazard and never place cords under rugs or carpets.
- Do not drape cords over space heaters, radiators or other hot surfaces.
- If possible, avoid using extension cords.
- Use safety plugs to cover unused electrical outlets.
- Never overload outlets, extension cords or power strips.
- Install ground-fault circuit interrupter (GFCI) electrical outlets.

FIRE SAFETY

- Have a 2 minute plan for escape in case of a home fire that all occupants understand, and identify exit routes and a central meeting place making special considerations for small children and older home occupants.
- Have an ABC-rated fire extinguisher on every floor of the house, especially in proximity to the kitchen and near an egress.
- Be sure that everyone in the house knows how to properly operate fire extinguishers.
- Have your furnace checked once a year.
- Have your chimney and flue inspected once a year.
- Never leave a space heater, halogen lamp or open flame unattended. Do not keep any of these items close to curtains or other flammable materials.
- Make sure that all lamps and fixtures are equipped with bulbs having equal wattage.

SMOKE AND CARBON MONOXIDE DETECTORS

- Smoke and CO detectors must be less than ten years old and operate on a 10-year lithium battery or hardwired system.
- If anyone in your home is hearing impaired, be sure that the smoke detectors in your home alert using lights or vibrations, as well as sound.
- Have an operating smoke and/or CO detector on each floor of your home, and smoke detector in each bedroom, as well as in the immediate vicinity outside of all sleeping areas.

KITCHEN

- Be sure to have sturdy step stools and ladders on hand. Do not use a chair to reach high surfaces of your home.
- Turn pot handles away from the front of the stove.
- Unplug all portable and countertop appliances that are not in use.
- Store flammable items away from your stovetop or range:
- Do not place rags or towels on the oven handle.
- Store plastic utensils and pot holders away from hot surfaces.
- Make sure that the kitchen is well-lit.
- Clean all spills immediately to avoid slips and the spread of bacteria.
- Separate cleaning products and other chemicals from food and drinks.
- Do not wear loose fitting clothing while cooking.
- Keep anything poisonous secure and out of reach of children.

HALLS AND ENTRYWAYS

- Make sure that all windows and doors to the outside close and lock securely.
- Place locks where all members of the household can reach and use them.
- Keep keys to internal door locks close to the door and easily accessible.
- Be sure that any walkways to the house are free of tripping hazards.
- Keep hallways clear for easy passage in case of an emergency.
- Widen doorways to accommodate household members who use a walker or wheelchair.

STAIRS

- Stairs should be well-lit with switches at both the top and bottom of a stairway.
- Do not place loose area rugs at the top or bottom of stairways.
- Do not store anything on the steps – even temporarily.
- Install handrails on both sides of any stairway.

BATHROOMS

- Keep electric devices away from bathtubs and sinks.
- Install a non-slip mat or textured adhesive strips on the floor of your shower or bathtub.
- Keep towels and washcloths away from heaters.
- Modify your toilets, sinks and bathtubs as needed to make them easier and safer to use.
- Install grab bars in bathrooms and elsewhere as needed.
- Keep first aid supplies well stocked and easily accessible.
- Install and/or use the exhaust fan when bathing or showering to avoid moisture build up.

BEDROOMS

- Have a lamp or light switch with a dimmer feature that you can easily reach from bed.
- Never place anything on top of a plugged-in electric blanket.
- Keep hot plates, space heaters and other hot appliances away from bed.
- Place motion-activated nightlights in bedrooms and hallways to guide you in the dark.
- Keep a phone near the bed.

BASEMENT/LAUNDRY ROOM

- Clean the clothes dryer's lint trap after each use.
- Make sure the dryer vents directly outside with metal duct and unobstructed air flow.
- Make sure you never run the dryer when no one is home.
- Make sure water heaters, furnaces and space heaters that produce carbon monoxide vent outside.
- Do not leave clutter on the floor – it is both a fire and a tripping hazard.
- Clean dryer vents once a year to remove any built-up lint or debris.

List adapted from materials originally produced by The Academy of Orthopedic Surgeons, The Consumer Product Safety Commission, Home Safety Council and Underwriters Laboratories. Awaiting disclaimer copy from our lawyer.