

# HOME SAFETY

## FOR PEOPLE WITH EPILEPSY

### IN THE KITCHEN



- USE THE BACK BURNERS ON THE STOVE
- USE APPLIANCES WITH AUTOMATIC SWITCH OF TIMES
- USE FOOD PROCESSORS RATHER THAN SHARP KNIVES
- USE SHATTER-RESISTANT DISHES
- USE NON-SLIP MATS ON THE FLOOR TO PREVENT FALLS DURING A SEIZURE

### IN THE BATHROOM



- TAKE A SHOWER RATHER THAN A BATH
- INSTALL NON-SLIP FLOORING AND GRAB BARS IN THE SHOWER AND TUB
- AVOID USING ELECTRICAL DEVICES, SUCH AS HAIR DRYERS, NEAR WATER SOURCES
- KEEP THE BATHROOM DOOR UNLOCKED TO ALLOW FOR EASY ACCESS IN CASE OF A SEIZURE
- USE A SHOWER CHAIR OR BENCH TO PREVENT FALLS DURING A SEIZURE

### IN THE BEDROOM



- OPT FOR A LOW BED FRAME TO MINIMIZE THE RISK OF INJURY DURING A SEIZURE.
- AVOID SLEEPING ON TOP BUNK BEDS, WHICH MAY INCREASE THE RISK OF FALLING OR INJURY
- BE MINDFUL OF THE PLACEMENT OF THE FURNITURE IN YOUR BEDROOM
- USE TIGHTLY FITTED SHEETS ON YOUR MATTRESS, BUT CONSIDER USING LOOSE TOP BEDDING TO PREVENT SUFFOCATION OR ENTANGLEMENT DURING A SEIZURE.
- CONSIDER USING A SEIZURE ALERT DEVICE, SUCH AS A BED ALARM, TO ALERT OTHERS IF A SEIZURE OCCURS

### IN GENERAL



- AVOID ACTIVITIES AT HEIGHTS THAT REQUIRE THE USE OF A LADDER.
- MINIMIZE CLUTTER IN YOUR LIVING SPACE TO PREVENT TRIPPING
- INSTALL OUTWARD-OPENING OR SLIDING INTERNAL DOORS TO REDUCE THE RISK OF INJURY
- AVOID USING OPEN FLAMES, SUCH AS A FIREPLACE OR CANDLES