



FDNY

OLDER ADULT CHECKLIST

Check off all items to stay safe

- Have working smoke and carbon monoxide alarms**
- Create an escape plan and practice it**
- Close the door when escaping smoke and fire**
- Clear clutter and tripping hazards**
- Avoid overloading electrical outlets**
- Give space heaters space**
- Prepare a go folder with medications and emergency contacts**
- Know the signs of stroke and heart attack**
- Stand by your pan when cooking**
- Where possible, charge and store micromobility devices outside**
- Keep candles away from anything flammable**
- Avoid careless smoking habits and douse used butts in water**