

# Home Safety: Kitchen

- Where possible, use the back rings on your cooker hob. Turn the handles of the pots or pans away from the edge of the cooker and don't leave pots or pans unattended.
- Ensure the kitchen area is well lit.
- Often kitchen floors can be slippery. It is advised shoes or slippers with good grip are worn. Clean up any spills as soon as possible.
- Arrange kitchen cupboards so that frequently used items are easy to reach.
- If you struggle with opening jars invest in a silicone jar opener.
- If you struggle to lift your kettle consider filling it with less water or using a kettle tipping device.
- Have a magnifying glass handy to help read the small print or ingredients on labels.
- Position loose furnishings safely e.g. bins and storage - don't let them obstruct pathways.



- **Keep tea towels stored away from the cooker rather than over the oven door handle.**
- **Before moving hot items around make sure you have prepared sufficient heatproof space to easily set them down.**
- **Don't overload sockets - kettles, toasters, heaters, irons and microwaves are best plugged directly in to the wall socket rather than an adaptor.**

*Do you know?...*

**If you need sensory support due to hearing loss, sight loss or dual sensory loss the Northern Health & Social Care Trust Sensory Support Team can help. You can self refer by contacting them:**

- **Telephone: 028 2586 3800**
- **Email: [sensorysupport@northerntrust.hscni.net](mailto:sensorysupport@northerntrust.hscni.net)**

**Alternatively the Home Safety Officer can refer you when they have completed a Home Safety Check.**

**For more information please contact the Home Safety Officer  
T: 028 9034 0160 E: [envhealth@antrimandnewtownabbey.gov.uk](mailto:envhealth@antrimandnewtownabbey.gov.uk)  
Or visit the home safety section on our website:  
[www.antrimandnewtownabbey.gov.uk](http://www.antrimandnewtownabbey.gov.uk)**