

KITCHEN CONFIDENT

The kitchen is the heart of the home, but it can also be a dangerous place especially for seniors or people with vision impairment. When looking at a kitchen to spot potential hazards, take in the whole picture first, check for general condition and maintenance issues and review the layout of the kitchen for accessibility. Some problems might be obvious, such as a microwave that is on a shelf that the homeowner can't reach, while others may require a more thorough examination. Here are a few things to check for to ensure that the kitchen is a safe room for the homeowner.

ITEM	WHAT TO LOOK FOR	QUICK FIX
<input type="checkbox"/> Layout	Access to appliances, ease of navigation	Relocate appliances that are out of reach
<input type="checkbox"/> General condition	Cleanliness, mold Cracked countertops Broken cabinets Peeling wires Exposed wires	Thoroughly clean and disinfect countertops and appliances
<input type="checkbox"/> Flooring	Rugs and carpets Peeling linoleum floors	Insert carpet adhesive tape under any rugs or carpeting Re-adhere flooring if possible to alleviate tripping hazards
<input type="checkbox"/> Countertops	Mold, cracked countertops	Thoroughly clean countertops
<input type="checkbox"/> Appliances	Test all appliances and stove burner/gas lines	Use bump dots to label appliances
<input type="checkbox"/> Lighting	Check all light bulbs	Replace burnt out bulbs
<input type="checkbox"/> Cooking utensils	Organization	Utensils should be organized and in an easily accessible location that is known to homeowner

While some hazards can be alleviated with a “quick fix,” many issues will require a more substantial solution. For assistance, dial 2-1-1. If the home requires additional work, or if you've encountered something that you think could be a potential hazard that is not listed here, contact Rebuilding Together Pittsburgh at 412-922-0953. For vision related issues or questions, call Blind and Vision Rehabilitation Services of Pittsburgh at 412-368-4400.