

Seizures and Safety: Prevent injuries at home

If you have epilepsy or seizures, there are simple things you can do to make it easier – and safer – to continue doing your favorite activities at home.

Most seizures won't hurt you, but you could get injured if you fall on something hard or sharp. Or you could get burned if you have a seizure near something hot, like the stove. Take the steps below to help you prevent injuries at home.



Follow these bathroom safety tips.

To prevent drowning and injuries from slips and falls:

- Take showers instead of baths. If you do take a bath, keep the water level low and turn off the faucet before you get in.
- Leave the door unlocked. Make sure someone is close by in case you have a seizure while showering.
- Get a mirror made of safety glass. Use plastic or safety glass for shower doors.
- Hang the bathroom door so that it opens out, not in. This way, someone can get in easily if you need help.

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I love to cook, but there are steps I need to take so I won't get hurt. When I'm at the stove, I make sure someone else is in the kitchen with me — just in case.

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Be careful when cooking.

- Buy pre-sliced foods so you don't need to use knives as often.
- Use the microwave instead of the stove when you're home alone.
- If you use the stove, cook on the back burners.
- Wear long, thick oven mitts to take food out of the oven.
- Try not to carry hot dishes. Instead, slide them along the counter or put them on a cart.
- Use cups with lids for hot drinks.
- Use non-breakable dishes, cups, and cookware.



Stay safe from burns and fires.

- Make sure someone is nearby when you use the stove, grill, or fireplace.
- Only iron clothes or light candles when someone is with you.
- Look for appliances that have automatic shut-off switches.
- Install guards in front of radiators. Only use space heaters that can't tip over.
- Check your smoke alarms once a month by pushing the test button.

Keep yourself safe while sleeping.

- Sleep in a bed that's low to the floor.
- Consider using a seizure alert monitor so someone can hear if you have a seizure.
- If your seizures make you shake, move your bed away from the wall, other furniture, and radiators — or put cushions around your bed.

Prevent injuries from falls.

- Pick up or put away things you could trip over, like cords or children's toys.
- Store things you use often where you can reach them easily.
- Put padding on furniture that has sharp edges — or buy furniture with rounded corners.
- Install soft flooring, like carpets with thick padding, instead of hardwood or tile floors.
- Put soft "outdoor carpeting" on hard surfaces outside, like stairs or a deck.

I have a big, country-style dining room table. After almost hitting my head on it, I got corner guards. You can hardly see them, and they give me peace of mind.



Work safely outside.

- Use a lawn mower that stops when you let go of the handle.
- Make sure that your power tools have safety guards and will stop running if you let go.
- Always wear protective eyewear, footwear, and gloves.

Taking these simple steps will help keep you safe from injuries or accidents at home.

If you have more questions about seizure safety, please talk with your doctor or nurse.

Visit www.efepa.org for tips on safety at work, while playing sports, at camp, and much more.



For additional information contact us at (215) 629-5003 or visit our website, www.efepa.org

Disclaimer: This publication is designed to provide general information about epilepsy and seizures to the public. It is not intended as medical advice. People with epilepsy should not make changes to treatment or activities based on this information without first consulting their health care provider.

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