

This checklist includes some examples of practical, simple steps which may help reduce the risk of accident or injury when having a seizure. See how Seizure Smart you are!

Strategies that may reduce the risk of...

To Do	Done	BRUISES OR CUTS
<input type="checkbox"/>	<input type="checkbox"/>	Around the home reduce clutter and furniture with sharp or jutting edges.
<input type="checkbox"/>	<input type="checkbox"/>	Use a shower curtain rather than a glass screen.
<input type="checkbox"/>	<input type="checkbox"/>	Apply a safety film to glass doors or consider installing reinforced glass.
<input type="checkbox"/>	<input type="checkbox"/>	Use non-breakable crockery and cordless appliances with an automatic switch off.
<input type="checkbox"/>	<input type="checkbox"/>	When loading a dishwasher, place sharp edges downwards.
<input type="checkbox"/>	<input type="checkbox"/>	Use knives less by buying pre-sliced food whenever possible.
<input type="checkbox"/>	<input type="checkbox"/>	Use an electric shaver rather than a razor.
To Do	Done	BURNS
<input type="checkbox"/>	<input type="checkbox"/>	Make sure hot water system, spas and heaters are temperature controlled.
<input type="checkbox"/>	<input type="checkbox"/>	Place fixed safety guards around fireplaces. Avoid lightweight and free standing heaters.
<input type="checkbox"/>	<input type="checkbox"/>	Install wall mounted heaters or central heating where possible.
<input type="checkbox"/>	<input type="checkbox"/>	Turn the cold water tap on first and off last.
<input type="checkbox"/>	<input type="checkbox"/>	Use a microwave where possible instead of a stove or oven.
<input type="checkbox"/>	<input type="checkbox"/>	If using a stovetop, cook with the rear elements and turn pot handles toward the back.
<input type="checkbox"/>	<input type="checkbox"/>	Serve meals from the counter rather than carrying hot food to the table.
<input type="checkbox"/>	<input type="checkbox"/>	Avoid lighting candles or fires when alone.
To Do	Done	DROWNING
<input type="checkbox"/>	<input type="checkbox"/>	Always be aware of the risk when around water.
<input type="checkbox"/>	<input type="checkbox"/>	Use common sense in areas with spas, fish ponds, lakes and other bodies of water.
<input type="checkbox"/>	<input type="checkbox"/>	Avoid swimming alone.
<input type="checkbox"/>	<input type="checkbox"/>	Wear an approved life jacket for water activities such as boating and fishing.
<input type="checkbox"/>	<input type="checkbox"/>	Avoid higher risk water sports such as scuba diving or high board diving.
<input type="checkbox"/>	<input type="checkbox"/>	Have a shower where possible rather than a bath. Use a shower chair if necessary.
<input type="checkbox"/>	<input type="checkbox"/>	If having a bath, use a handheld shower attachment and leave the plug out.
<input type="checkbox"/>	<input type="checkbox"/>	Avoid showering or bathing while in the house alone, if possible.
<input type="checkbox"/>	<input type="checkbox"/>	Always supervise children in the bath and around water.
<input type="checkbox"/>	<input type="checkbox"/>	If seizures occur at regular times, shower at a time when seizures are less likely.
<input type="checkbox"/>	<input type="checkbox"/>	Have bathroom doors that are outward opening, sliding, divided or easily removed.

Fact Sheet: Safety Checklist

<input type="checkbox"/>	<input type="checkbox"/>	Leave bathroom doors unlocked.
<input type="checkbox"/>	<input type="checkbox"/>	Turn the taps off before getting into the bath.
To Do	Done	FALLS AND BROKEN BONES OR TEETH
<input type="checkbox"/>	<input type="checkbox"/>	Avoid high-risk activities such as climbing a ladder or rock climbing without a harness.
<input type="checkbox"/>	<input type="checkbox"/>	Wear a helmet when riding a bike, scooter, horse, skateboard or roller-blades.
<input type="checkbox"/>	<input type="checkbox"/>	Choose a low bed and avoid sleeping on a top bunk.
<input type="checkbox"/>	<input type="checkbox"/>	Clear any furniture or hard objects away from the bed.
<input type="checkbox"/>	<input type="checkbox"/>	Stand well back from the road or platform edge when waiting for a bus or train.
<input type="checkbox"/>	<input type="checkbox"/>	Use lifts instead of stairs where possible.
<input type="checkbox"/>	<input type="checkbox"/>	Put rubber-backed mats on slippery or tiled floors.
To Do	Done	SUFFOCATION
<input type="checkbox"/>	<input type="checkbox"/>	Try to sleep without a pillow or use a firm porous pillow.
<input type="checkbox"/>	<input type="checkbox"/>	Choose a low wide bed that has a firm mattress with a tightly fitted sheet.
<input type="checkbox"/>	<input type="checkbox"/>	Use an alarm (eg baby or seizure monitor or intercom) to alert of night seizures.
To Do	Done	MEDICATION MISTAKES
<input type="checkbox"/>	<input type="checkbox"/>	Lock medications away in a cool, dry place out of reach of children.
<input type="checkbox"/>	<input type="checkbox"/>	Do not leave medication in pockets or handbags.
<input type="checkbox"/>	<input type="checkbox"/>	Check with the doctor what to do if medication is missed or repeated.
<input type="checkbox"/>	<input type="checkbox"/>	Consult the doctor before changing prescribed medication regime.
<input type="checkbox"/>	<input type="checkbox"/>	Use a diary, pill box or tray to help ensure that medications are taken as prescribed.
<input type="checkbox"/>	<input type="checkbox"/>	Do NOT change brands without consulting the specialist as seizures may increase.
<input type="checkbox"/>	<input type="checkbox"/>	Before using other medications or supplements, discuss possible reactions with the pharmacist and doctor.
To Do	Done	OTHER PRACTICAL SUGGESTIONS
<input type="checkbox"/>	<input type="checkbox"/>	Make sure that friends, family and colleagues know what to do in case of a seizure.
<input type="checkbox"/>	<input type="checkbox"/>	Consider a medical bracelet or ID card if seizures are likely to occur in public places.
<input type="checkbox"/>	<input type="checkbox"/>	Consider an emergency response alarm.
<input type="checkbox"/>	<input type="checkbox"/>	Avoid substances that may make medications less effective.
<input type="checkbox"/>	<input type="checkbox"/>	Use a seizure diary to keep track of your epilepsy, pick up any patterns or triggers.
<input type="checkbox"/>	<input type="checkbox"/>	Get to know what your seizure triggers are and try to avoid them.

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This information is given to provide accurate, general information about epilepsy. Medical information and knowledge changes rapidly and you should consult your doctor for more detailed information. This is not medical advice and you should not make any medication or treatment changes without consulting your doctor.

