Health and wellness tips

Keep your loved ones safe

Take a look around your home. Many safety hazards like loose electrical cords or rugs are easy to spot and fix. You can take simple steps today to prevent accidents and injuries in your home — for everyone.

Child safety tips

In the kitchen
Install child safety locks on cabinets where you store chemicals, cleaners and other toxic products.

In the bedroom
Use furniture straps to hold TVs, bookshelves, dressers and other heavy furniture in place.

In the living room
Put childproof covers on exposed electrical sockets. These covers require two hands to remove or cover plates that screw on.

In the bathroom
Prevent scalding by adjusting your hot water heater so that the water is no hotter than 120 degrees Fahrenheit.

Senior safety tips

In the kitchen
Use two-handed pans that can help with lifting and maneuvering hot heavy pans with more stability.

In the bedroom
Put night lights in the bedroom and hallways. Also keep a flashlight by the bed in case the power goes out.

In the living room
Remove throw rugs, use non-slip rugs or attach rugs to the floor with double-sided tape.

In the bathroom
Have grab bars installed in your shower and next to the toilet. Put non-slip strips or a rubber mat on the floor of your shower, too.


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