

Seizure Safety Checklist

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
		Around the home reduce clutter and furniture with sharp or jutting edges
		Use a shower curtain rather than a glass screen
		Apply a safety film to glass doors or consider installing reinforced glass
		Use non-breakable crockery and cordless appliances with an automatic switch off
		When loading a dishwasher, place sharp edges downwards
		Buy pre-sliced food whenever possible to avoid using knives
		Use an electric shaver rather than a razor
To Do	Done	BURNS
		Make sure hot water system, spas & heaters are temperature controlled
		Place fixed safety guards around fireplaces. Avoid free-standing heaters
		Install wall mounted heaters or central heating where possible
		When using hot water, always turn the cold water tap on first and off last
		Use a microwave where possible instead of a stove or oven
		If using a stovetop, cook with the rear elements & turn pot handles toward the back
		Serve meals from the counter rather than carrying hot food to the table
		Avoid lighting candles or fires when alone
To do	Done	DROWNING
		Always be aware of risk when around water
		Use common sense in areas with spas, fishponds, lakes and other bodies of water
		Avoid swimming alone. If in a patrolled area, inform the lifeguard you have epilepsy
		Wear an easily identifiable hat or swim suit for quick identification in the water
		Wear an approved life jacket for water activities such as boating and fishing
		Avoid higher risk water sports such as scuba diving or high board diving
		Shower rather than bathe. Use a shower chair if necessary
		If showering in a bath, always leave the plug out
		Avoid showering or bathing while in the house alone, if possible
		Always supervise children in the bath and around water
		If seizures occur at regular times, shower at a time when seizures are less likely
		Have bathroom doors that are outward opening, sliding, divided or easily removed
		Never lock the bathroom door
		Turn the taps off before getting into the bath



Fact Sheet: Seizure Safety Checklist

To Do	Done	FALLS AND BROKEN BONES
		Avoid high-risk activities such as climbing a ladder or rock climbing without a harness
		Wear a helmet when riding a bike, scooter, horse, skateboard or roller-blades
		Avoid sleeping on a top bunk
		Clear any furniture or hard objects away from the bed
		Stand well back from the road or platform edge when waiting for a bus or train
		Use lifts instead of stairs where possible
		Put rubber-backed mats on slippery or tiled floors
		Live in a single-level home. Avoid homes with stairs when possible
To Do	Done	SUFFOCATION
		Don't sleep with more than one pillow
		Use an alarm (such as baby or seizure monitor or intercom) to alert to night-time seizures or falling out of bed
To Do	Done	MEDICATION MISTAKES
		Keep medications away in a cool, dry place out of reach of children
		Do not leave medication in pockets or handbags
		Check with the doctor what to do if medication is missed or repeated
		Always consult the doctor before changing prescribed medication regime
		Use a diary, pill box or tray to help take medications as prescribed
		Do NOT change brands without consulting the specialist
		Before using other medications or supplements, discuss with the pharmacist and doctor
To Do	Done	OTHER PRACTICAL SUGGESTIONS
		Make sure that friends, family and colleagues know what to do in case of a seizure.
		Consider a medical bracelet or ID card if seizures are likely to occur in public places.
		Consider an emergency response alarm.
		Avoid substances that may make medications less effective.
		Use a seizure diary to keep track of your epilepsy, pick up any patterns or triggers.
		Get to know what your seizure triggers are and try to avoid them.
		Lead a healthy lifestyle - eat well and try to get regular exercise.

We also have a SUDEP and Safety Checklist which you can go through with an epilepsy nurse or your doctor. It aims to promote discussion about your individual risk factors so that a plan can be put in place to lessen your risks.

For more, go to the [SUDEP and Seizure Safety Checklist](#)