



## How safe is your home?

# HOME SAFETY CHECKLIST

Read the following questions and answer them by checking **YES** or **NO**. **YES** means **SAFE** and **NO** means **UNSAFE** and should be corrected. Asterisk (\*) indicates easy items to correct.

### Kitchen

- Are drawers and cupboards closed to avoid bumping into them?\*
- Is the floor made of a slip resistant material?
- Do floor mats have a slip resistant backing?\*
- Are spills cleaned up quickly to prevent slipping?\*
- Is a washed floor allowed to dry before walking on it?\*
- Are regularly used items reachable without climbing, bending or stooping?
- If there is a step stool, does it have a wide leg base, rubber tips, and handrails?
- Is there good lighting around the stove, sink, and counters, but doesn't cause a glare?
- Can you safely carry hot food from the stove to the table?
- Are electrical cords from appliances safely stored and off the floor?\*

### Hallway and Stairs

- Are your railings sturdy, waist high, and easy to grasp along both sides of stairway, including those to the basement?
- Are stairs in good repair?
- Are stairs free of clutter?\*
- Is bright, non-skid tape placed on the top and bottom steps to indicate where they begin and end?
- Are step surfaces non-skid and even?
- Are all carpets and runners secured?
- Are light switches at the top and bottom of the stairs?
- Is the hallway and stairway adequately lit?
- If there is a change in the level between rooms, is it easily seen?

### Bathrooms

- Do the tub and shower have rubber mats, non-skid strips or non-skid surfaces?\*
- Are towels, shampoo, and soap within easy reach?\*
- Is there a grab bar on the wall or the side of the tub or shower, which is both properly installed and designed to hold the weight of a person?
- Is there a tub seat?

- Is there a portable hand held showerhead? Yes  No
- Is there an appropriate toilet seat and grab bars around the toilet? Yes  No
- Is the floor slip-resistant? Is it free of loose rugs and loose tiles? Yes  No
- Is there a way to prevent slippery floors after bathing? Yes  No
- Are electrical cords from appliances safely stored and off the floor? Yes  No

### **Bedrooms**

- Is there a well-lit pathway from the bedroom to the bathroom? Yes  No
- Do you have a light or flashlight within easy reach of the bed? Yes  No
- Is there a telephone that's easy to reach from the bed? Yes  No
- If there are extension cords, are they secured to the wall, not across the floors or under carpets? Yes  No
- Is there something sturdy to hold on to next to the bed to assist in getting in and out? Yes  No
- Are small rugs secured with carpet tape or non-skid backing? Yes  No
- Is there a bedside table for glasses, books, etc rather than cluttering the floor beside the bed? Yes  No
- If a cane or walking device is needed, is it kept at hand but not in the way? Yes  No

### **Living Room/General Living Areas**

- Are the carpets flat and in good condition? Yes  No
- Are small rugs and runners secured with carpet tape or non-skid backing? Yes  No
- Is the furniture placed to allow wide walkways? Yes  No
- Are walkways clear of tripping hazards such as low furniture, grandchildren's toys and electrical and telephone cords? Yes  No
- Are chairs and sofas high enough for easy sitting and standing? Yes  No
- Are the chairs and tables stable enough to support weight if leaned on? Yes  No
- Is there adequate light when entering each room/area? Yes  No

### **Entrances and Outdoor Walkways**

- Are the outdoor stairs and walkways free from cracks, dips, obstacles, leaves, ice, snow and holes? Yes  No
- During the winter, is sand and/or salt available for slippery surfaces to ensure safety? Yes  No
- Do the stairways have secure handrails? Yes  No
- Is the entrance well lit at night? Yes  No

### **Additional Home Safety Questions**

- Is there a way to access Emergency Services in each room if you fall or need help, for instance by phone, pull cord, or personal alert device? Yes  No
- Is the hot water temperature set to 120 degrees or lower to avoid scald burns? Yes  No
- Is there at least one working smoke detector on each level of the home and near each bedroom? Yes  No
- Are smoke detectors tested monthly? Yes  No

- Are the batteries replaced twice a year?\*
- Is there a carbon monoxide detector on each level of the home?
- Is there a fire extinguisher in the home?
- Are emergency phone numbers beside each phone?\*
- Are fireplaces protected by a screen or glass door?

Yes  No

Yes  No

Yes  No

Yes  No

Yes  No

### **ACTION PLAN**

Please indicate areas needing attention. Include a brief correction plan and if an alteration has been made.