

# Home Safety Checklist

## Lighting

- There is a lamp/flashlight at the bedside.
- There are easy-access light switches at entrances to rooms.
- Electrical outlets are free from overload and electric cords are in good condition.
- Nightlights are used throughout the house.
- All light bulbs are in working order and appropriate wattage for light fixtures.
- The telephone has a lighted dial and emergency numbers are available.
- There is adequate lighting throughout the home.

## Walkways/Floors

- Doors and sidewalks are maintained and clear of branches, leaves, hoses, brooms, etc.
- Snow and ice is cleared from entrances and walkways.
- Inside walk areas are clear of clutter and loose objects including: excess furniture, telephone and electrical cords.
- Repairs have been made to all flooring surfaces.
- Carpets, rugs and vinyl flooring are secured to the floor.
- Remove throw rugs.

# Kitchen

- The objects used most often are accessible without using a step stool.  
(If needed, a sturdy step stool with handrail is available.)
- Kitchen is arranged so that activities can be done from a chair.
- Clean up immediately any liquids, grease or food spilled on the floor.
- Bright, even lighting exists over the stove, sink and countertop work areas, especially where food is sliced or cut.
- Towels, curtains and other things that might catch fire are located away from the stove.
- Wear clothing with short or close-fitting sleeves while cooking.

# Doors

- Bathroom door is installed to open outward. This allows easier assistance in the event of a fall.
- Raised doorsills have been eliminated.
- Any unnecessary interior doors have been removed.
- All doorknobs are easy to grasp. Consider replacing round knobs with lever handles.

# Stairways/Steps

- There is a light switch at the top and bottom of the stairways.
- Install handrails on both sides of the stairway. Each should be 30 inches above the stairs and extend the full length of the stairs.
- The edges of all steps both inside and outside are clearly visible.
- Replaced patterned, dark or deep-pile carpeting with a solid color, which shows the edges of the steps more clearly.
- A non-slip rubber tread is used to cover the stairs.

- The stairways are free of clutter.
- All steps are in good, safe condition.

## Bathroom

- A rubber mat or nonskid adhesive textured strips are placed on the tub.
- A slip-resistant rug adjacent to the bathtub is placed for safe exit and entry.
- There are grab bars for the tub, shower and toilet areas.
- To stabilize yourself on the toilets use either a raised seat or a special toilet seat with armrests.
- There is a stool or bench in the shower.
- Replace glass shower enclosures with non-shattering material.

## Furniture

- Low-rise coffee tables, magazine racks, footrests and plants are out of the path of traffic.
- All furniture is sturdy and cannot be easily tipped. Consider replacing pedestal tables with four-legged tables.
- Chairs are easy to get in and out of. Consider a lift chair for persons with mobility issues.
- To stabilize yourself on the toilets use either a raised seat or a special toilet seat with armrests.
- There is a stool or bench in the shower.
- Armrests on the chair are sturdy and easy to grasp for support.

# Appliances

- Frequently used appliances have automatic shut-off features or connected to timers to prevent overheating.
- All electrical cords are in good condition, not frayed, cracked or overloaded.
- Washer and dryer are located on the first floor.
- Telephones are located on each level of the home.
- Smoke and carbon monoxide detectors are present on each level and checked annually.
- Space heaters are up to date and kept away from flammable objects.
- Emergency numbers are posted on or near the telephone.
- Gasoline, paints, solvents and other products that give off fumes are stored away from ignition sources.
- Heating and cooling systems are inspected and serviced annually.
- Water temperature is at 120 degrees or less.

# Medication

- Medicines are stored in the containers that they came in and are clearly marked.  
Be sure that all containers are clearly marked with the contents, doctor's instructions, expiration date, and patient's name.
- Dispose of outdated medicines properly.
- A pillbox is being used.

# Other

- An exit plan and an alternate emergency exit plan are in place in the case of a fire.