

Home Safety Checklist

Take a tour of the home and check for any barriers or problem areas room-by-room, including looking at things as your loved one would see them. When you find a hazard, correct it and periodically recheck when you visit the person's home to be sure the hazard has not returned.

Front and back entrances to home

YES

NO
Should be corrected

Are home entrances well lighted, including walkways?

Are walkways to the front/back door even and free from holes or cracks?

Are walkways free of rocks and twigs?

Do you have nonskid strips/safety treads or bright-colored paint on outdoor steps? Do they use the colors you or others in the family can most easily see?

Are doormats in good repair with nonskid backing and tapered edges?

Are doors in good repair? Do they open and close easily?

Is there a sturdy handrail on both sides of stairs leading to entrance?

Are steps in good condition with even, flat surfaces?

In the winter, do you ensure safe passage to the car and house by clearing snow and ice?

Living room/family room/bedroom

Are hallways and walkways free from objects and clutter?

Are electrical or extension cords removed from under furniture and carpeting? Kept out of the way of traffic?

Can you turn on a light without having to walk into a dark room?

Are all thresholds between rooms and through doors level with the floor (no more than 1/2 inch in height)?

Are loose area rugs securely attached to floor and not placed over carpeting? For best safety, consider removing throw rugs.

Is furniture arranged in each room so that you can walk around easily?

Is all furniture steady and without sharp edges?

Home Safety Checklist/*con't*

Kitchen

YES

NO
Should be corrected

Do you wear clothing with short or close-fitting sleeves when cooking?

Do you always stay in the kitchen when cooking?

Do you have a loud timer to signal when food is cooked?

Are stove control dials easy to see and use?

Do you keep the stove top and oven clean and grease free?

Do you keep wood and tile floors spill-free, cleaning any spills immediately?

Are cabinet doors closed when not in use?

Can items in kitchen cabinets and shelves be reached without climbing on a chair or stool?

Is step stool sturdy and in good repair?

Is a charged, easy-to-use fire extinguisher close at hand?

Are there emergency numbers for police, fire, and poison control posted on or near telephone?

Is there adequate lighting over sink, stove, and work areas?

Are kitchen throw rugs and mats slip resistant?

Bathrooms

Can you unlock bathroom door from both sides of door?

Is tub or shower equipped with nonskid mats, abrasive strips, or surfaces that are not slippery?

Does bathroom floor have nonslip surface or rug with nonskid backing?

Do you avoid using slippery bath oils when bathing?

Do bathtub and shower have at least one grab bar that is different color than that of the wall?

Are you careful not to place towels on grab bars?

Can the person sit down or stand up from the toilet without trouble?

Does shower have stable stool or chair and hand-held sprayer?

Are cold and hot water faucets clearly marked, and is temperature on water heater 120° F or lower?

Home Safety Checklist/*con't*

Bedrooms	YES	NO Should be corrected
Is a nightlight placed in bedroom?		
Is a working smoke detector just outside bedroom door?		
Can you turn on light without having to get out of bed in the dark?		
Is furniture arranged to provide clear path from bed to bathroom?		
Is phone with emergency numbers within easy reach of bed?		
Are other alarm systems available like push buttons that call for help or nursery listening devices for invalid persons?		
Around the house		
Are all living areas and stairways well lighted?		
Can the person turn on a light without having to walk into a dark room?		
Is flooring or carpeting throughout house in good repair?		
Are all thresholds level with floor or no more than 1/2 inch in height?		
Is there a light switch at both top and bottom of stairs?		
Are stairs free of glare or shadows? If not, replace with nonglare lights.		
Do handrails run continuously from top to bottom of flights of stairs?		
Are handrails securely attached to wall?		
Are step coverings in good condition?		
Are stairs free of clutter?		
Are guns kept in the house? If yes, check the following:		
> Are trigger locks installed on all guns?		
> Are guns stored unloaded?		
> Is ammunition in a secure location?		