

HOME SAFETY

CHECKLIST

FALLS ARE THE LEADING cause of injury and injury death for people 65 and older. Trips and falls may be caused by a number of potential hazards, including clutter, rugs, furniture, and extension cords. You can reduce the risk of falling by conducting a simple home assessment. Use this checklist to identify possible safety problems in your home and then take action to fix the problems. Start by going room to room, and place a mark in the appropriate box. When done, go back over the checklist and identify three things you can do to make your home safer. List those items in the bottom section of the checklist and take action to create a healthier and safer home. Continue to work on improving the safety of all areas of your home. The goal is for there to be no marks in the “no” column of the checklist.



STAIRWAYS & PORCHES

	Yes	No	N/A
Are the stairs well lighted?			
Do all indoor stairways have light switches at the top and bottom?			
Are there sturdy handrails for all steps and stairways?			
Are the steps and stairs in good condition?			
Are there sturdy guard rails on all porches and decks?			
Are porch area(s) in good condition?			
Are the stairways a non-slippery surface?			

KITCHEN AREA



	Yes	No	N/A
Are traffic areas free from all cords? (extension, phone)			
Is there good lighting in the work areas? (sink, stove)			
Are frequently used items stored in/on an “easy to reach” place?			
Is a step stool or small ladder used to reach high shelves?			
Are the floors of a non-slick surface?			
Do all throw rugs have a non-skid backing?			
Are cleaners/insecticides stored away from food?			
Are cleaners/insecticides stored out of children’s or pets’ reach?			
Are spills wiped up as soon as they occur or are noticed?			
Are towel racks located away from the stove/oven?			
Are cooking areas free of grease or extensive mess and clutter?			
Are grease containers kept away from stove in the refrigerator?			
Is there a GFIC or ground fault circuit interrupter? This is an outlet designed to protect against severe electrical shock.			

BATHROOM AREAS



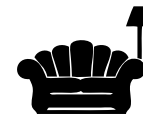
	Yes	No	N/A
Are exposed hot water and drain pipes covered?			
Is the bathroom free of clutter so you can move around easily?			
Can the temperature of the bathroom space be adjusted?			
Is the bathroom free of portable electric or gas space heaters?			
Does the toilet have some type of sturdy support nearby (not a towel bar)?			
Is the bathroom well lighted?			
Are all the tubs/showers equipped with non-slippery surfaces?			
Do all tubs/showers have adequate grab bars or sturdy support (not a towel bar)?			
Are medicines clearly labeled?			
Are medicines kept out of reach of children?			
Are expired medicines thrown away?			
Are nightlights in the bathroom?			
Are hairdryers and other electrical equipment used away from water?			
Are razor blades stored and disposed of properly?			
Do throw rugs on the floor have non-skid backing?			
Are cleaning fluids stored out of reach of children or pets?			
Are traffic areas free from all cords?			
Is there a GFI or grounded outlet?			

BEDROOM AREAS



	Yes	No	N/A
Is a lamp/light switch within reach as you walk into the room?			
Is a lamp or light switch within reach of the bed?			
Is a night light in the room?			
Is a flashlight located next to the bed?			
Is a telephone located next to the bed?			
Are magazines and newspapers kept off the floor?			
Do throw rugs have non-skid backing?			
Is the bed sturdy?			
Is the bed a good height?			
Does the bed have an easy-to-grip headboard?			
Are traffic areas free from all cords (electrical, cable, etc.)?			
Are electric blankets and heating pads in good condition?			

LIVING & FAMILY AREAS



	Yes	No	N/A
Are the floors a non-slippery surface?			
Do all throw rugs have non-skid backing?			
Are carpets firmly attached to the floor?			
Is the furniture in good repair and safe to use?			
Are the traffic areas free from all cords (electrical, cable, etc.)?			
Are hallways free from clutter?			
Are hallways well lighted?			
Does the room have lighting that doesn't produce glare?			
Is there a screen in front of the fireplace?			
Are electric/gas space heaters at least 3 feet away from curtains, furniture, and other combustible objects?			
Are electric/gas space heaters placed on nonflammable surfaces and out of traffic paths?			
Are electric and gas space heaters placed where they can't easily fall over?			
Are gas space heaters properly vented?			

OUTDOOR AREAS



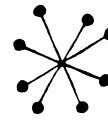
	Yes	No	N/A
Is there lighting along walkways and by doors?			
Are walkways in good condition?			
Are driveways in good condition?			
Is the yard clear of debris such as glass, trash or boards?			
Is lawn mowed and landscaping maintained?			

OTHER AREAS



	Yes	No	N/A
Is the water temperature safe (120 °F)?			
Is there sufficient light in every room?			
Are power cords and/or extension cords in good condition?			
Are locks present and secured on all windows?			
Windows are operable and not painted or nailed shut?			
Are doors operable and not blocked off?			
Are all electrical outlets used properly? (not overloaded)			

EMERGENCY ISSUES



	Yes	No	N/A
Is there a fire extinguisher present in the home?			
Is the fire extinguisher's inspection up-to-date?			
Are smoke detectors in the home?			
Is there a carbon monoxide (CO) detector in the home?			
Are emergency telephone numbers displayed by the phone?			

3 WAYS I AM GOING TO MAKE MY HOME SAFER

	Date Completed
1)	
2)	
3)	

REMEMBER, SAFETY BEGINS AT HOME!

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