

HOME SAFETY CHECKLIST

Entire House

- Arrange furniture to minimize freezing of gait and tripping hazards
- Keep walkways wide and clear
- Remove rugs or if unable, secure with double sided carpet tape
- Floors should be non-skid
- Do not use wax on floors
- Thresholds should be even with the floor to prevent tripping
- Remove clutter from the floors, walkways, and exits
- Keep the home well lit and use nightlights as needed
- Keep all cords secure and out of the way (products exist to keep excess cord wound up tightly and out of the way)
- Make sure all light switches and outlets can be easily reached
- Have chairs in every room with armrests to easily stand up from
- Keep emergency numbers in large print near all landline telephones
- Install or create a way to communicate throughout the house (there are inexpensive options for this)

Steps/Stairs

- Steps should be even and secure-Broken steps should be fixed immediately
- Steps should be kept free from clutter
- Keep steps/stairs well lit
- There should be light switches at the top and bottom of all staircases
- Handrails should be located on both sides of the steps/stairs
- Do not use wax on steps
- Remove rugs from the bottom of the stairs
- Replace worn carpet and look for areas it may be coming up
- Avoid thick carpet
- Avoid carrying items up and down the steps

Bedroom

- ___ Make sure light switch or lamp is within reach of the bed
- ___ Use a nightlight if needed (it can disrupt sleep but use if you get up at night)
- ___ Feet should touch the ground when sitting on the bed
- ___ Use your bed or a chair to sit on while getting dressed
- ___ Purchase equipment to help you get out bed if needed
- ___ Use a bedside commode or urinal at night if needed
- ___ Attach a light to the walker to further guide nighttime walking to the bathroom

Bathroom

- ___ Use rubber bathmats or strips in the shower/bathtub
- ___ Avoid using towel racks that easily break and instead install grab bars near the toilet and tub/shower
- ___ Use an elevated toilet seat to ease getting up
- ___ Have a secure seat in the tub/shower
- ___ If needed, sit while doing activities of daily living such as brushing teeth and shaving
- ___ Remove rugs or if needed, secure them to the floor
- ___ Keep floor free of water at all times
- ___ Keep a nightlight in all bathrooms

Kitchen

- ___ Do not climb on chairs or countertops-If a step stool must be used, it should be low, secure, and with handrails on both sides
- ___ Keep floor free of water or other liquids at all times

Outside

- ___ Keep walkways free of clutter and brightly lit
- ___ Repair broken or uneven pavement
- ___ Remove roots coming up from the ground