



Home Safety Checklist

Each year many older adults are injured in or around their homes. These injuries may result from safety problems that are easy to overlook, but also easy to fix. Complete the home safety checklist to see if you or your loved one is at risk for a fall or injury.

KITCHEN

- The cooking stove is in working order
 - Dials are readable
 - No gas odor
 - Stove is free from flammable objects
 - Baking soda is available for grease fires
 - Curtains are away from the stove
- Cabinets are organized so the most frequently used items are within easy reach
 - A stepstool with handles is available
- The refrigerator is in good working order
 - The refrigerator door seal is intact
 - No leaking faucet
 - A mop is available to wipe up spills
 - Cleaning products are stored away from food

BATHROOM

- Use an extended toilet seat with handrails or install grab bar beside the toilet if necessary
- Install grab bars in the shower, tub and toilet area
- Place a non-skid bathmat is used in the tub and shower
 - Consider sitting on a shower bench or chair in the shower
 - The bathroom floor has a non-skid surface
- Electrical appliances are plugged in away from the water
- Good lighting around the sink and medicine cabinet
 - There is a night light

BEDROOM

- Lights are easily accessible from the bed
 - There is adequate lighting from bedside to bathroom
 - Night light is present
- Switches are within reach of the bed



- Bedroom rugs have non-skid backing
- Telephone is accessible from the bed
- Electrical cords are out of the flow of traffic

OVERALL HOME LIGHTING

- Lights and switches are operable and in good condition
- Night lights are present and operable
 - Hallway
 - Stairway
 - Bedroom
 - Bathrooms
- Electrical cords are in good condition
 - Cords are kept clear of walkways
 - Flashlight is in a handy location

CARPETS AND RUGS

- Overall condition of rugs is good
 - Edges are tacked down
 - Throw rugs have non-skid backing and stay in place. Remove or replace rugs that slip

STAIRS

- Stairs are well lit
 - Light switches are at both ends of stairs and halls
- Carpet on stairs is securely fastened
 - Steps are clear of clutter
- Handrails are present and secure
- Edges of the steps can be seen clearly. Mark with brightly colored paint or electrical tape

GENERAL

- Telephone is present
 - The phone has a lighted, readable dial
 - Emergency phone numbers are near the phone
- Smoke detector is present on each level
 - Batteries are checked and changed every six months
- Carbon monoxide detector is present on each level
- The exit from the house is clear and accessible
- Locks on doors and windows are secure and intact
- All "traffic pathways" and hallways are clear



OUTSIDE

- The outside entrances are clear of debris
- Sidewalks are even and intact
- Handrails on exterior porches and stairways are present and secured
- There is adequate lighting at the doors to the building or house
- Address is visible from the street
- Doorbell is working

MORE SAFETY TIPS

- Use assistive devices such as cane, as directed by your health care provider
- Have your eyesight tested yearly
- Review all medications (over the counter, prescription, supplements, herbals, ointments, eye drops) with all of your doctors and pharmacist.
 - Some medications have side effects of fatigue or dizziness which could increase your risk of falls.
 - Never stop a medication before consulting your health care provider
 - Sit on the side of the bed for 30-60 seconds before rising
- Regular physical activity to add up to 150 minutes per week
 - Exercises to improve muscle flexibility, strength, balance and endurance are important
 - Ask your health care provider if you would benefit from physical therapy for your training and/or muscle strengthening
 - Senior Centers and local offices on aging may have exercise class recommendations
- Shoes should fit properly and be supportive. No flip flops!
- Follow a healthy diet
 - Stay hydrated; 8-10 8 oz. glasses of water per day
 - Get enough calcium and Vitamin D for strong bones (1500mg Ca+/day (over 65) and 800-1000 I U Vitamin D
 - Eat plenty of fruits and vegetables
- Keep emergency phone numbers near all phones
- Consider an emergency response system at home