



Home Safety Checklist



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Adapted from: *Home Safety Summary Checklist*, the Community and Home Injury Prevention Project for Seniors (CHIPPS) and *Recognizing Fall-tiy Habits*, A Matter of Balance, Session 6.2, adapted from Safety for Older Consumers—Home Safety Checklist.

Home Safety Checklist

This checklist can be used to spot environmental hazards in your home that could cause you to fall. Check “Yes” or “No” or “Not Applicable N/A” to answer each question. Then go back over the list and take action to correct those items that may need attention.

Keep the checklist as a reminder of safe practice and use it periodically to re-check your home.

All Areas		Check “Yes” or “No” or “Not Applicable N/A” to answer each question.		
1.	Can you turn on a light without having to walk into a dark room?	Yes	No	N/A
	Having accessible light switches reduces the risk of falling when walking across a darkened room.			
2.	Are lamp extension or phone cords out of the flow of foot traffic?	Yes	No	N/A
	Cords stretched across walkways may cause someone to trip. Recommendations: Arrange furniture so that outlets are available for lamps and appliances without the use of extension cords. If you must use an extension cord, place it on the floor against the wall where people cannot trip over it.			
3.	Are passageways free from objects and clutter (papers, furniture)?	Yes	No	N/A
	Furniture, boxes, or other items could be an obstruction or tripping hazard. Recommendations: Rearrange furniture to open walkways and remove clutter.			
4.	Are small rugs and runners slip resistant?	Yes	No	N/A
	Recommendations: Remove rugs and runners that tend to slide. Purchase rugs with slip-resistant backing. Note: Slip-resistant backing becomes less effective when washed.			
Kitchen				
5.	Are the stove controls easy to see and use?	Yes	No	N/A
	Clearly marked dials may prevent falls due to gas asphyxiation especially if your sense of smell is impaired. Recommendations: Clearly mark the “on” and “off” positions.			
6.	Can you reach regularly used items without climbing to reach them?	Yes	No	N/A
	Recommendations: Store frequently used items at convenient heights.			

7.	Do you have a step stool that is sturdy and in good repair?	Yes	No	N/A
The use of step stools to reach high shelves is not recommended. However, if you must use a step stool, take the following precautions: Recommendation: Choose a step stool with a handrail that you can hold onto while standing on the top step. Before climbing on the step stool, make sure it is fully open and stable. Discard step stools with broken parts.				

Bedroom

8.	Is there something sturdy to hold on to next to the bed to help you get in and out of bed?	Yes	No	N/A
Recommendations: Place a heavy piece of furniture next to the bed. Install a grab rail on the wall or use a three-pronged cane or walker for support.				
9.	Do you have a lamp or light switch within easy reach of your bed?	Yes	No	N/A
Recommendations: Rearrange furniture closer to switches or move lamps closer to beds. Install night lights and keep a flashlight nearby.				
10.	Is a light left on at night between your bed and the toilet?	Yes	No	N/A
Recommendations: Use a night light to provide a lighted path from bedroom to bathroom. Keep a telephone within reach of your bed, in case of an emergency.				

Bathroom

11.	Does your shower or tub have a non-skid surface: mat, decals, or abrasive strips?	Yes	No	N/A
Wet, soapy tiled surfaces are slippery and may contribute to falls. Recommendations: Apply texture strips or a non-skid mat on the floors of tubs and showers. If you are unsteady on your feet, use a stool with nonskid tips as a seat while showering.				
12.	Does the tub/shower have at least one (preferably two) sturdy grab bars? (not just a towel rack)	Yes	No	N/A
Grab bars can help you get into and out of your tub/shower, and help prevent falls. Recommendations: Check existing bars for strength and stability, and repair if necessary. Attach grab bars, through the tile, to structural supports in the wall, or install bars specifically designed to attach to the sides of the bathtub.				
13.	Is your toilet seat too low? (Is it difficult to stand up from the toilet?)	Yes	No	N/A
Recommendations: Install an elevated toilet seat and add grab rails next to the toilet.				

Front and Back Entrances

14	Do all entrances to your home have outdoor lights?	Yes	No	N/A
	Recommendations: Install a light or add in solar lights that can be placed by your door and walkway.			
15.	Are railing on porches and decks sturdy enough to bear the weight of several people leaning against them?	Yes	No	N/A
	Recommendations: Keep all railings on porches and decks in good repair.			

Throughout Your Home

16.	Are stairs well lighted?	Yes	No	N/A
	Stairs should be lighted so that each step, can be clearly seen while going up and down. Recommendations: Use maximum wattage bulb allowed by the light fixture. (If you do not know the wattage, use a bulb no larger than 60 watts.)			
17.	Are sturdy handrails fastened securely on both sides of the stairway?	Yes	No	N/A
	Recommendations: Tighten fixtures that hold handrails to the wall. If no handrails are present, install at least one handrail (on the right side as you face down the stairs).			
18.	Are all medicines stored in the containers that they came in and are they clearly marked?	Yes	No	N/A
	Taking the wrong medicines or missing a dose of medicine you need, may result in physical problems that can cause falls. Recommendations: Install brighter lighting where you prepare your medicines and keep a magnifying glass nearby, if needed.			
19.	Do you have emergency phone numbers listed by your phone?	Yes	No	N/A
	Recommendations: Add a list of emergency phone numbers, include your doctor, and an emergency contact. It is always a great idea to include a list of your medications and any allergies you may have.			
20.	Do you have properly located, working smoke detectors?	Yes	No	N/A
	Recommendations: Make sure detectors are placed near bedrooms and check and replace batteries according to the manufacturer's instructions. Some fire departments will provide assistance in acquiring or installing detectors.			

For home modification, repair, or for fall prevention programs call the Stanislaus County Senior & Caregiver Information Line at (209)558-8698 or Toll-Free at 1(800)510-2020.