

Home Safety Checklist



The Dignity At Home Fall Prevention Program Mission is
To reduce the number of debilitating falls suffered by older adults and persons with disabilities in Stanislaus County.

www.aging.ca.gov



For Fall Prevention Education or Resources Contact

Healthy Aging Association

(209) 525-4670

www.healthyagingassociation.org/preventfalls



For a File of Life or to begin the Dignity At Home Fall prevention Process Contact

Senior Information Line

(209) 558-8698

www.agingervices.info

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 N/A for “Not Applicable” for 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 extensions or phone cords out of the flow of foot traffic?	Yes	No	N/A
	Cords stretched across walkways may cause someone to trip. <i>Recommendations:</i> 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. <i>Recommendations:</i> Rearrange furniture to open walkways and remove clutter.			
4	Are small rugs and runners slip resistant?	Yes	No	N/A
	<i>Recommendations:</i> Remove rugs and runners that tend to slide. Purchase rugs with slip resistant backing. Note: Slip-resistant backing becomes less effective when washed.			
Front and Back Entrances				
5	Do all entrances to your home have outdoor lights?	Yes	No	N/A
	<i>Recommendations:</i> Install a light or add in solar lights that can be placed by your door and walkway.			
6	Are railings sturdy enough to bear the weight of several people leaning against them?	Yes	No	N/A
	Railings on both sides provide confidence when going up and down. <i>Recommendations:</i> Keep all railings on porches and decks in good repair.			

Kitchen

7	Can you reach regularly used items without climbing to reach them?	Yes	No	N/A
<p>Reaching too far up could cause a loss of balance and climbing on *something is dangerous and could lead to fall. Recommendations: Store frequently used items at convenient heights.</p>				
8	Is there a “File of Life” on the refrigerator or near the phone?	Yes	No	N/A
<p>Recommendations: This is vital for emergency first responders as they will have immediate access to your health information, contact (209) 558-8698 to receive one.</p>				
9	Do you have a sturdy step stool?	Yes	No	N/A
<p>The use of step stools to reach high shelves is <u>not recommended</u>. However, if you must 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.</p>				

Bathroom

10	Does your shower or tub have a non-skid surface: mat, decals, or abrasive strips?	Yes	No	N/A
<p>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 or bench while showering.</p>				
11	Does the tub/shower have at least one or two sturdy grab bars? (not just a towel rack or suction cup bars)	Yes	No	N/A
<p>Grab bars give confidence and reduce falls. These should be permanently and securely mounted (not suction cup style). Recommendations: Check existing bars for strength and stability, and repair if necessary. Attach grab bars, through the tile and to the structural supports in the wall.</p>				
12	Is your toilet seat too low? (Is it difficult to stand up from the toilet?)	Yes	No	N/A
<p>Raising the seat height or adding supportive rails can help reduce falls. Recommendations: Install an elevated toilet seat and add grab rails next to the toilet.</p>				

Bedroom				
13	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
Something supportive next to the bed may assist in getting in/out of bed because many falls within the home happen next to the bed.				
14	Do you have a lamp or light switch within easy reach of your bed?	Yes	No	N/A
<i>Recommendations:</i> Rearrange furniture closer to switches or move lamps closer to beds. Install night lights and keep a flashlight nearby.				
15	Is there adequate light at night between your bed and the toilet?	Yes	No	N/A
<i>Recommendations:</i> Continuous lighting like a nightlight is best and flashlights are helpful in the event of a power outage.				
Throughout Your Home				
16	Are stairs well lit?	Yes	No	N/A
Depth perception diminishes with age, therefore clear visibility of the steps may reduce stumbling. Ensure there is adequate lighting to see each step clearly.				
17	Are sturdy handrails fastened securely on both sides of the stairway?	Yes	No	N/A
Railings on both sides provide confidence when going up and down. <i>Recommendations:</i> Tighten fixtures that hold handrails to the wall. If no handrails are present, install at least one handrail.				
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.				

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