

Home Safety Checklist

This checklist provides ideas to help minimize health and safety hazards in your home.



ALL ROOMS

- Remove loose carpeting or rugs that do not have a non-slip backing.
- Clear traffic areas of furniture.
- Secure electrical cords/other wires against walls.
- Install bright lighting with switches and working bulbs.
- Place telephones on tables at a height that can be reached from the floor.



BATHROOM

- Ensure grab bars near the tub, shower and toilet are mounted properly.
- Place non-slip surfaces in the tub or shower.
- Place a nightlight near room entrance.
- Add non-slip backing to rugs or bathmats on the floor.
- Add shower/tub bench or seat.



STAIRS AND INCLINES

- Keep free of items.
- Clear plenty of room to move at top and bottom.
- Repair loose carpeting or edges.
- Securely attach handrails at the proper height for user.
- Install proper lighting on all steps, including switches at top and bottom of stairs.



KITCHEN

- Place items where they can be reached without use of a stool.
- Create area to sit during food preparation.
- Repair flooring that has cracks, slips or upturned edges.
- Stock refrigerator with nutritional food and discard expired foods.



BEDROOM

- Place a non-tip lamp on bedside table and allow room for eyeglasses.
- Clear traffic area from bedroom to bathroom.
- Provide a sturdy chair to aid in dressing.