

Home Safety Checklist

*Use this form to conduct a safety check of your home. If you answer “No” to an item, try to identify an action to correct the safety problem. Bring this completed form back to your **WELL-Balanced** group session.*

ALL ROOMS	Yes/No Action
Is the floor/carpet on your floor smooth? (Worn/torn carpet or thick carpet pile can cause a fall.)	<input type="checkbox"/> Yes <input type="checkbox"/> No Action:
Have you applied double-sided carpet tape to rugs that can slip?	<input type="checkbox"/> Yes <input type="checkbox"/> No Action:
Is your furniture arranged so you can easily walk around it?	<input type="checkbox"/> Yes <input type="checkbox"/> No Action:
Are electrical and extension cords out of the way (not in your walking path)?	<input type="checkbox"/> Yes <input type="checkbox"/> No Action:
Can you turn on lights without having to walk through dark areas?	<input type="checkbox"/> Yes <input type="checkbox"/> No Action:
Do you use nightlights?	<input type="checkbox"/> Yes <input type="checkbox"/> No Action:
Can you easily reach a light switch when you come into a room?	<input type="checkbox"/> Yes <input type="checkbox"/> No Action:
Do you keep exits and hallways clear?	<input type="checkbox"/> Yes <input type="checkbox"/> No Action:
Do you use stable chairs with armrests to help you get up?	<input type="checkbox"/> Yes <input type="checkbox"/> No Action:
Do you always watch that your pets are not underfoot?	<input type="checkbox"/> Yes <input type="checkbox"/> No Action:

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TIP: Put a chair at the entrance of your home so you can sit to put on or remove your boots and shoes.	
STAIRS	Yes/No Action
Are there handrails on both sides of the steps?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Can you reach the handrails easily?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Are the steps even? Are the steps deep enough for your feet?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you use non-skid, rubber stair treads, or coated skid resistant surfaces on non-carpeted steps?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you make repairs to worn or loose steps promptly?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Is there good lighting in the stairway?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Are your stairs clear of objects? (Objects stacked on the stairs can cause falls.)	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
<p>TIPS:</p> <p>-To help avoid taking a misstep, you can paint wooden or concrete steps with a strip of contrasting color on the edge of each step or on the top and bottom steps.</p> <p>-Don't rush going up or down stairs. Rushing is a major cause of falls.</p>	

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KITCHEN	Yes/No Action
Are your stepstools sturdy?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you clean up spills immediately to avoid slipping?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Are your pots and pans, canned goods and staple foods stored in easy to reach locations – between knee and shoulder heights?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Are heavy items stored in the lower cupboards and the light items in the higher cupboards:	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
BATHROOM	Yes/No Action
Are there rubber bathmats or strips in bathtubs and showers?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Do bath mats next to the tub or shower have rubberized backing or are they secured in place to keep them from slipping?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Have you installed grab bars in the bath tub?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you use raised toilet seats and/or handrails if you are unsteady?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you clean up water from the floor to avoid slipping?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have a nightlight in the bathroom?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
TIP: Some tile and bath cleaning products increase slipperiness. Be careful when choosing cleaning products.	

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OUTSIDE	Yes/No Action
Do you have handrails along outdoor steps?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you spread sand or salt on icy walkways?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Do all your entrances have an outdoor light?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Are the front steps and walkways around your house in good repair and free of clutter, snow or leaves?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No
Can you reach your mailbox safely and easily?	Action: <input type="checkbox"/> Yes <input type="checkbox"/> No