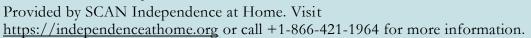
## **Community Education**





## **Home Safety Checklist**

Living Room and Family Room	Yes/No	Don't know/Doesn't apply
1. Can you turn on a light without having to walk into a dark room?		
2. Are lamp, extension or phone cords out of the flow of foot traffic?		
3. Are passageways in this room free from objects and clutter (papers, furniture)?		
4. Are curtains and furniture at least 12 inches from baseboard heaters or portable heaters?		
5. Do your carpets lie flat?		
6. Do your small rugs and runners stay put (don't slide or roll up) when you push them with your foot?		
Kitchen		
7. Are your stove controls easy to see and use?		
8. Do you keep loose fitting clothing, towels, and curtains that may catch fire away from the burners and oven?		
9. Can you reach regularly used items without climbing to reach them?		
10.Do you have a step stool that is sturdy and in good repair?		
Bedrooms		
11.Do you have working smoke detectors on the ceiling outside of bedroom doors?		
12. Can you turn on a light without having to walk into a dark room?		
13.Do you have a lamp or light switch within easy reach of your bed?		
14. Is a phone within easy reach of your bed?		
15. Is a light left on at night between your bed and the toilet?		
16. Are the curtains and furniture at least 12 inches from your baseboard heater or portable heater?		

Source: 2005 NCOA Falls Free: Promoting A National Falls Prevention Action Plan. Research Review Paper



Bathroom	
17. Does your shower or tub have a non-skid surface: mat, decals or abrasive strips?	
18. Does the tub/shower have a sturdy grab bar? (not just a towel rack)	
19. Is your hot water temperature set to 120° or lower?	
20. Does your floor have a non-slip surface or does the rug	
have a non-skid backing? 21. Are you able to get off and on the toilet easily?	
Stairways	
22. Is there a light switch at both the top and bottom of stairs inside of the house?	
23. With the light on, can you clearly see the outline of each step as you go down the stairs?	
24. Do all stairways have sturdy handrails on both sides?	
25. Do handrails run the full length of the stairs,	
beyond the steps?  26. Are all the steps in good repair (not loose, broken, missing or worn in places)?	
27. Are stair coverings (rugs, treads) in good repair, without holes and not loose,	
Hallways and Passages	
28. Do all small rugs or runners stay put (don't slide or roll up) when you push them with your foot?	
29. Do your carpets lie flat?	
30. Are all lamp, extension and phone cords out of the flow of foot traffic?	
of foot traffic?	
of foot traffic?	
of foot traffic?  Front and Back Entrances	
Front and Back Entrances 31. Do all entrances to your home have outdoor lights?  32. Are walkways to your entry free from cracks and holes?  Throughout Your House	
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## Pick 3 items where you answered "no" and list what you need to do: 1. 2. 3.

List any other hazard or unsafe areas you are concerned about:

Source: 2005 NCOA Falls Free: Promoting A National Falls Prevention Action Plan. Research Review Paper

