

# Community Education

Provided by SCAN Independence at Home. Visit <https://independenceathome.org> or call +1-866-421-1964 for more information.



## 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?                                    | <input type="checkbox"/> <input type="checkbox"/> | _____                    |
| 2. Are lamp, extension or phone cords out of the flow of foot traffic?                                 | <input type="checkbox"/> <input type="checkbox"/> | _____                    |
| 3. Are passageways in this room free from objects and clutter (papers, furniture)?                     | <input type="checkbox"/> <input type="checkbox"/> | _____                    |
| 4. Are curtains and furniture at least 12 inches from baseboard heaters or portable heaters?           | <input type="checkbox"/> <input type="checkbox"/> | _____                    |
| 5. Do your carpets lie flat?   | <input type="checkbox"/> <input type="checkbox"/> | _____                    |
| 6. Do your small rugs and runners stay put (don't slide or roll up) when you push them with your foot? | <input type="checkbox"/> <input type="checkbox"/> | _____                    |

### Kitchen

- |   |   |       |
|---|---|-------|
| 7. Are your stove controls easy to see and use?   | <input type="checkbox"/> <input type="checkbox"/> | _____ |
| 8. Do you keep loose fitting clothing, towels, and curtains that may catch fire away from the burners and oven? | <input type="checkbox"/> <input type="checkbox"/> | _____ |
| 9. Can you reach regularly used items without climbing to reach them?   | <input type="checkbox"/> <input type="checkbox"/> | _____ |
| 10. Do you have a step stool that is sturdy and in good repair?   | <input type="checkbox"/> <input type="checkbox"/> | _____ |

### Bedrooms

- |  |   |       |
|--|---|-------|
| 11. Do you have working smoke detectors on the ceiling outside of bedroom doors?                     | <input type="checkbox"/> <input type="checkbox"/> | _____ |
| 12. Can you turn on a light without having to walk into a dark room?                                 | <input type="checkbox"/> <input type="checkbox"/> | _____ |
| 13. Do you have a lamp or light switch within easy reach of your bed?                                | <input type="checkbox"/> <input type="checkbox"/> | _____ |
| 14. Is a phone within easy reach of your bed?  | <input type="checkbox"/> <input type="checkbox"/> | _____ |
| 15. Is a light left on at night between your bed and the toilet?                                     | <input type="checkbox"/> <input type="checkbox"/> | _____ |
| 16. Are the curtains and furniture at least 12 inches from your baseboard heater or portable heater? | <input type="checkbox"/> <input type="checkbox"/> | _____ |

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?   \_\_\_\_\_

## 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

33. Do you have an emergency exit plan in case of fire?   \_\_\_\_\_
34. Do you have emergency phone numbers listed beside your phone?   \_\_\_\_\_

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: