

## Home Safety Checklist

**Take a tour of your home and check for any barriers or problem areas.**

	Yes	No
<b>a. Front and back entrances to home</b>		
(1) Are walkways to the front/back door even and free from holes or cracks?		
(2) Are home entrances well lighted, including walkways?		
(3) Do you have nonskid strips/safety treads or bright-colored paint on outdoor steps? What colors can you or others in family most easily see ? Are these colors used?		
(4) Are doormats in good repair with nonskid backing and tapered edge?		
(5) Are doors in good repair and open and close easily?		
(6) Can you open and close all doors easily?		
(7) Is there a sturdy handrail on both sides of stairs leading to entrance?		
(8) Are steps in good condition with even, flat surfaces?		
<b>b. Kitchen</b>		
(1) Does you wear clothing with short or close-fitting sleeves when cooking?		
(2) Do you always stay in the kitchen when cooking?		
(3) Do you have a loud timer to signal when food is cooked?		
(4) Do you keep the stove top and oven clean and grease free?		
(5) Are stove control dials easy to see and use?		
(6) Is a charged, easy-to-use fire extinguisher close at hand?		

(7) Are there emergency numbers for police, fire, and poison control posted on or near telephone?		
(8) Can items in kitchen cabinets and shelves be reached without climbing on a chair or stool?		
a. Is step stool sturdy and in good repair?		
(9) Is there adequate lighting over sink, stove, and work areas?		
(10) Are kitchen throw rugs and mats slip resistant?		
<b>c. Bathrooms</b>		
(1) Can you unlock bathroom door from both sides of door?		
(2) Is tub or shower equipped with nonskid mats, abrasive strips, or surfaces that are not slippery?		
(3) Does bathroom floor have nonslip surface or rug with nonskid backing?		
(4) Do you use slippery bath oils when bathing?		
(5) Do bathtub and shower have at least one grab bar that is different color than that of the wall?		
(6) Are you careful not to place towels on grab bars?		
(7) Does shower have stable stool or chair and hand-held sprayer?		
(8) Are cold and hot water faucets clearly marked, and is temperature on water heater 120° F or lower?		
<b>d. Bedrooms</b>		
(1) Is a night-light placed in bedroom and/or bath? Or do you have an automatic light that turns on as person enters the bath?		
(2) Is a working smoke detector just outside bedroom door?		
(3) Can you turn on light without having to get out of bed in the dark?		

(4) Is furniture arranged to provide clear path from bed to bathroom?		
(5) Is phone with emergency numbers within easy reach of bed?		
(6) Are other alarm systems available?		
a. Push buttons that call for help?		
b. Nursery listening devices for invalid persons?		
<b>e. Living room/family room</b>		
(1) Are electrical or extension cords removed from under furniture and carpeting? Kept out of the way of traffic?		
(2) Can you turn on light without having to walk into dark room?		
(3) Are hallways and walkways free from objects and clutter?		
(4) Are loose area rugs securely attached to floor and not placed over carpeting? (For best safety, consider removing throw rugs.)		
(5) Is furniture arranged in each room so that you can walk around easily?		
(6) Is all furniture steady and without sharp edges?		
<b>f. Around the house</b>		
(1) Are all living areas and stairways well lighted?		
(2) Is flooring or carpeting throughout house in good repair?		
(3) Are all thresholds level with floor or no more than 1/2 inch in height?		
(4) Is there a light switch at both top and bottom of stairs?		
(5) Does lighting produce glare or shadows on stairs? If so, replace with nonglare lights.		
(6) Do handrails run continuously from top to bottom of flights of		

stairs?		
(7) Are handrails securely attached to wall?		
(8) Are step coverings in good condition? Stairs free of clutter?		
(9) Are guns kept in the house? Are trigger locks installed on all guns? Are guns stored unloaded? Is ammunition in a secure location?		