

# A Home Safety Checklist

If you have a home health nurse, or physical or occupational therapist visit the home, they can advise you about your home safety checklist. Any changes that are made should complement a person's strengths and lessen their risks.

	Yes	No
<b>1. Front and Back Entrances to a Home</b>		
• Are the walkways to the front and back door even and free of holes or cracks?	<input type="checkbox"/>	<input type="checkbox"/>
• Are walkways free of rocks and twigs?	<input type="checkbox"/>	<input type="checkbox"/>
• Are entrances well lit, including walkways?	<input type="checkbox"/>	<input type="checkbox"/>
• Are there nonskid safety treads on wood steps? Or, are the steps painted in a bright color on the edges?	<input type="checkbox"/>	<input type="checkbox"/>
• Are doormats in good repair with non skid backing?	<input type="checkbox"/>	<input type="checkbox"/>
• Is there a sturdy handrail on both sides of stairs?	<input type="checkbox"/>	<input type="checkbox"/>
• In the winter, ensure safe passage to the car and house by clearing snow and ice.	<input type="checkbox"/>	<input type="checkbox"/>
<b>2. Kitchen</b>		
• Do you keep wood and tile floors spill free? (Clean any spills immediately).	<input type="checkbox"/>	<input type="checkbox"/>
• Can the person reach items in kitchen cabinets and shelves without climbing on a stool or chair?	<input type="checkbox"/>	<input type="checkbox"/>
• Are cabinet doors closed when not in use?	<input type="checkbox"/>	<input type="checkbox"/>
• Is the lighting over the sink, stove and work areas adequate?	<input type="checkbox"/>	<input type="checkbox"/>
• Are there throw rugs in the kitchen? (Keep to a minimum And only use rugs that are slip resistant)	<input type="checkbox"/>	<input type="checkbox"/>
• Are emergency numbers posted in bold large letters on a Refrigerator door or cabinet door?	<input type="checkbox"/>	<input type="checkbox"/>
<b>3. Living Room Den or Bedroom</b>		
• Are electrical or extension cords removed from under furniture and carpeting?	<input type="checkbox"/>	<input type="checkbox"/>
• Are the hallways, steps and walkways free from objects and clutter?	<input type="checkbox"/>	<input type="checkbox"/>
• Is the flooring and carpeting throughout the home in good repair? (Remove any shag carpeting because it often catches on shoes and toenails.	<input type="checkbox"/>	<input type="checkbox"/>
• Is the furniture arranged so the person can walk around easily?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you have chairs with caster wheels? (If so, remove or replace with a chair with unmovable legs).	<input type="checkbox"/>	<input type="checkbox"/>

- Are all thresholds between rooms and through doors level with the floor or no more than ½ inch in height?

#### 4. The Bedroom

- Can the person turn on lights without having to get out of bed in the dark?
- Is there a nightlight in the bathroom?
- Is the bed and other furniture arranged to make a clear path from bed to bathroom?

#### 5. The Bathroom

- Can the person unlock the bathroom door from both sides of the door?
- Does the tub or shower bottom have nonskid mats, abrasive strips or surfaces that are not slippery?
- Is the bathroom floor surface slippery?
- Does the person use bath oils when bathing?
- Does the bathtub or shower have at least one grab bar?
- Does the person have trouble sitting down or standing up from the toilet?

#### 6. Lighting in all Rooms

- Can the person turn on a light without having to walk into a dark room?
- Does lighting create glare or shadows on stairs?
- Are stairwells well lit?

#### 7. Stairs

- Do handrails run continuously from the top to the bottom of any flight of stairs?
- Are the handrails securely attached to the wall?
- Are step coverings in good condition and are the steps free of clutter?

#### 8. If the person is in a wheelchair

- Are doorways wide enough for a chair to move through easily?
- Is there a wheelchair accessible ramp at entrances to the house?
- Is the ramp at a proper slope so that moving up and down the ramp is not too quick or too slow?

When you find a hazard correct it and periodically when you visit the person's home, be sure the hazard has not returned