

Home Safety Checklist

In each room: **Yes** **No** **What to do if 'Yes' was checked:**

Do you have to walk around furniture?			Move furniture so there are clear paths.
Are there throw rugs on the floor?			Remove rugs OR use double sided or non-slip backing so the rugs won't slip.
Are there papers, books, magazines, shoes, or other items/clutter on the floor?			Pick up things off the floor. Always keep the floor clear.
Does your home have wood floors?			Wear shoes or slippers (not just socks) and avoid the use of slip-on shoes.
Do you have to walk around or over wires or cords?			Coil or tape cords and wires along the wall so that you won't trip over them. Consider adding an additional electrical outlet.

Stairs and steps: **Yes** **No** **What to do if 'Yes' was checked:**

Is the light missing over the stairway?			Replace bulbs or lighting fixture over the staircases. Light switches should be at the top and bottom of the stairs. Consider a switch that glows.
Do doors at the top of the stairs open inward, toward the staircase?			Consider remounting the door. Doors at staircases should open outward, into the hall/room and not the stair.
Is the carpeting loose or torn?			Make sure the carpet is firmly attached to every step.
Is the handrail missing for any length of the staircase?			Make sure handrails are installed on both sides of the stairway for the entire length of the stairway. Use every time.
Are there papers books, magazines, shoes, or other items/clutter on the stairs?			Pick these up off the stairs. Always keep the stairs clear of items/clutter.
Do you have stairs outside of your house?			If yes, always be sure to have snow and ice removed promptly from these stairs. Also, have any loose or uneven steps fixed.
Do you have child safety gates in your home?			Do not climb over the child safety gates. Take the time to open the gate and secure it properly.

Bedrooms: **Yes** **No** **What to do if 'Yes' was checked:**

Do you get up during the night for any reason?			Install night lights in all sleeping areas, hallways, and bathrooms. Place a lamp near the bed where it is easy to reach.
Do you ever feel light headed when getting out of bed?			Pause at the edge of the bed for a moment before getting up to avoid dizziness.
Do you have dressers in your bedroom?			Keep dresser drawers closed at all times.

Bathrooms:

Yes No

What to do if 'Yes' was checked:

Do you need extra assistance for standing and transferring in the bathroom?			Install grab bars next to and inside the tub and next to the toilet. Fasten with long screws anchored into wall studs.
Is the tub or shower slippery?			Install a non-slip rubber mat or self-stick strips in the tub or shower. Also, place nonskid bath rugs outside each shower/tub.

Kitchen:

Yes No

What to do if 'Yes' was checked:

Do you use a step stool?			Get a sturdy one with a bar to hold onto. Never use a chair as a step stool.
Do you have cabinets out of your reach?			Arrange cabinets so that frequently used items are easy to reach.
Do you have storage in cabinets and drawers?			Keep them closed when not in use.

Don't forget:

- Keep emergency numbers in large print near each phone.
- Keep a phone near floor level in case you fall and are unable to get up.
- Think about wearing an alarm device that will bring help in the event you fall and can't get up.



Good lighting in the right place reduces senior falls. Install night lights in all sleeping areas, hallways and bathrooms.

Being able to see clearly helps seniors maintain balance and avoid obstacles.

For more information, visit: metrohealth.org/falls-prevention
 Or email: Jmontoya@metrohealth.org
 Telephone: (440) 592-1317